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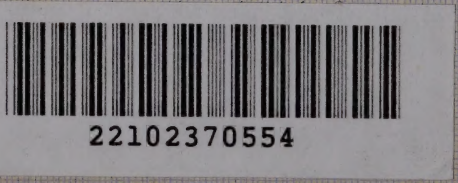
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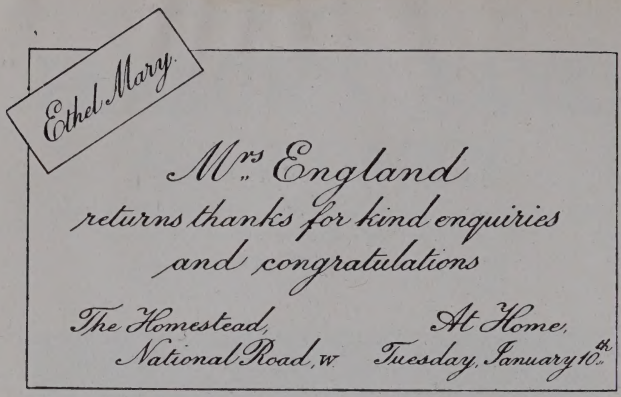

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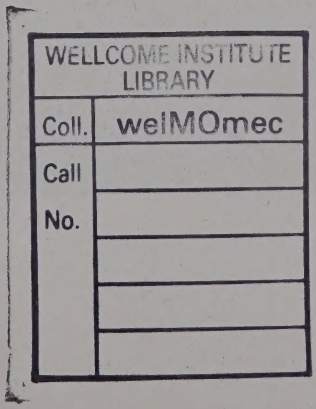
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FORMERLY SUB-EDITOR OF THE "LANCET." EDITOR OF THE "PHYSICIAN AND SURGEON." MEDICAL OFFICER OF THE ASHANTI EXPEDITION, 1901. SURGEON AT THE ROYAL MILITARY HOSPITAL, NETLEY, ETC., ETC.

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MADE IN ALL VARIETIES

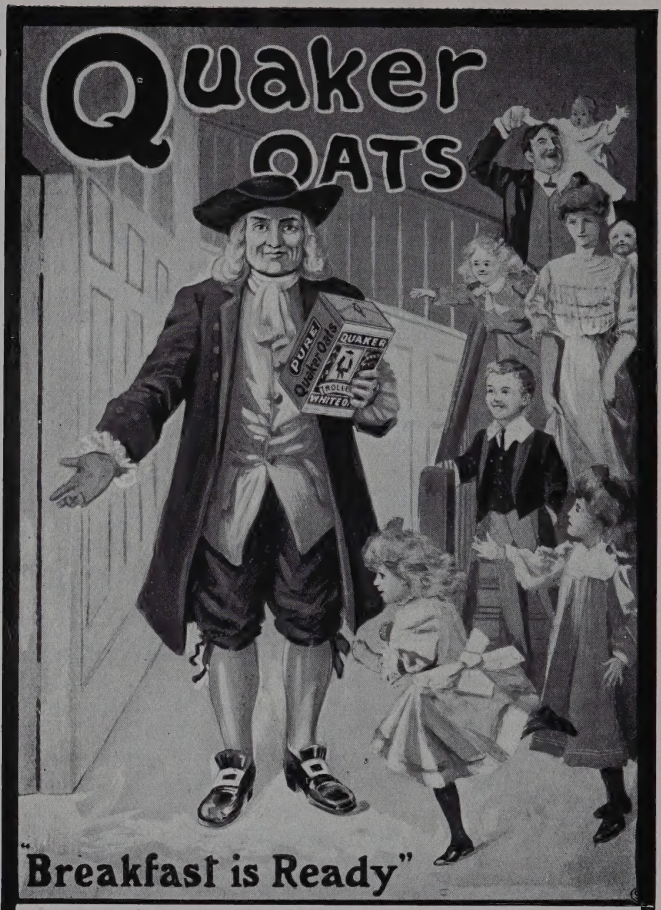
Preface

THIS little work is intended to offer advice to all who are interested in the preservation of the health of children and the happiness of the home. It will point out the chief things concerning the handling of the new-born babe, its bath, its diet, its clothes, its little ailments and the necessary legal matters relating to registration, notification and vaccination.

During childhood's years the nursery is the battle-ground of the world, and its rules are as important to the individual as International Law is to the human race. The clothing, the diet, the bath, the management of minor accidents, the attention to the hours and quality of sleep and the soothing of petty ailments, are matters of the greatest importance to the well-being of the child. The proper management of children is a vital subject, though it is one that has hitherto been grievously neglected. Mothers often undertake the responsibility of the rearing of children, without knowledge and without thought. Many instances occur in daily life of loss and disaster brought about through want of a little knowledge, showing the unwisdom of the poetic fancy, "Where ignorance is bliss 'tis folly to be wise." The reverse of this is the truth in this work-a-day world, in which it is folly to be ignorant and blessed to be wise.

I know of a person who broke up half a dozen old Chippendale chairs to get the horsehair out of them, and of a woman who cooked her husband's dinner with old chairs worth four guineas each. This shows in a financial way the danger of ignorance; but the mistakes that occur to health and hygiene through the same cause are appalling and disastrous, involving in many cases the question of life and death. Very often knowledge comes after hopes have been frustrated and loved ones lost.

W. LAUZUN-BROWN.



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A Happy Home and How to Keep it

"Nothing so beautiful as the Baby ; nothing as innocent as the Baby ; nothing so guileless as the Baby ; the only creature I have lifted my hat to is the Baby."

—Cardinal Manning.

The Birth of Sanitary Science

AT the beginning of last century, medical teaching and doctoring were held by many of the greatest minds to be a collection of uncertain prescriptions, the results of which, taken collectively, were more fatal than useful to mankind. Napoleon said that the chief articles in his pharmacopœia were water, air and cleanliness, formulating thus epigrammatically the principles underlying the science of health and hygiene. The laws of health have gradually been formulated from accurate and extensive observation, and these should be known and acted upon by all who have the welfare of the nation at heart.

Need for more Knowledge

In no department of sanitary science is purity and cleanliness of greater importance than in the rearing of infants and young children. The death-rate in early years of infancy is sufficient to indicate the necessity for more knowledge in this respect. It is to the proper feeding and cleaning of the child that one must look for a lessening of the infant death-rate throughout the country, and for the promotion of a vigorous and healthy childhood.

Our chief interest centres in the conditions as they exist, not merely in homes where the purse is thin, and where worry and struggle tax energy and vitality; but in

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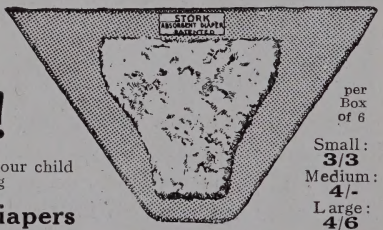

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places where means are not straitened; where the lamp of learning and the light of knowledge have not yet entered. The tendency of the present day is to try to teach people by Acts of Parliament; but these instruments, unfortunately, cannot infuse wisdom or put common sense into the public mind.

Nature's Methods *versus* Civilisation

Among "savage" women, infant mortality, in spite of travellers' tales, scarcely exists. Mothers are devoted to their young, and are held in high esteem by virtue of their motherhood. The childless woman is regarded as something uncanny. Infants are under supervision from the time they are born, and seldom leave the mother, whether she is carrying a load across country, or working in the fields among the banana plantations; wherever she goes the baby goes, and the "savage" mother is never seen without her baby. This natural maternal affection among these "savage" women is very impressive. In these communities nature's methods have not been transformed by so-called civilisation.

Effect of Civilisation on Infant Life

Civilisation has taught many good things, but none of them seem to favourably affect the infant. Infant life is sacrificed, apparently, and not saved by civilisation. Close rooms full of anæmic women, such as one so frequently sees in cities; stuffy workshops sapping the manhood and womanhood, and conspiring against the lives of childhood born in civilisation, the statistics of whose mortality illustrate the real modern civilised "slaughter of the innocents." Many of those infants who escape death grow up stunted and puny, fit food for prisons, workhouses and lunatic asylums. The children reared among the so-called savages, on the West Coast of Africa or in Central Africa, present no such painful pictures. There the infants are sleek and

plump, healthy and happy, and a joy to see. If only the splendid conditions in which the "savage" infant is reared could be continued throughout the whole of its life, then, undoubtedly, a state of savagery would be preferable to much of what is at present called civilisation.

The Example of Islam

In Egypt, for example, the religion of Islam requires that all mothers shall suckle their children, and consequently the infant death-rate during this period of infant life is very low. In Europe, including England, infant deaths are much more frequent during the suckling period—that is, between the ages of from one month to ten months old.

Efforts to Undo the Mischief

In our country, babyhood is subjected to many perils unknown to uncivilised communities. On the other hand, greater efforts are made to preserve the lives of the sickly and delicate infants by civilised nations than among the savages. The opportunities for preserving infant life are greater in civilisation if only they are used. Much of the infantile mortality in civilised communities is caused through want of thought, or from ignorance on the part of parents as to the manner of dealing with infants and young children.

Among the poor it is usually the first child that comes off the worst, because the young mother is often as helpless as the babe itself, dependent upon the advice of all the Gamps and gossips around her. It is a matter of wonder why so many young women should be found so ignorant after forty years of compulsory State education. A State examination in the duties of motherhood might be made compulsory, and the production of a certificate of fitness a condition precedent to the marriage ceremonial.

The Preservation of Infants

Although one wishes that all mothers should be able to nurse their children naturally during the first year of life,

the simple fact is that they do not, or cannot, and so methods have to be found for the upbringing of children by artificial means. The problem which confronts mothers under these circumstances is—What is the best way to rear an infant artificially? Of this subject it may be said that in the multitude of counsellors there is confusion and not wisdom. There are a thousand and one different ways of rearing an infant, every one of them right if used with a little common sense and knowledge. It is the variety in these respects that makes the muddle and causes the trouble. Some babies will fatten and thrive on anything. The Kent farmer calls the cattle that are hardy and thrive well on any pastures "kindly doers"; those lean kine, that are forever eating and always ailing, are "bad doers." So it is with infants. That is the main reason for so much thought having been bestowed by learned men and women on the best methods by which the weakly children of the race can best be reared, and made to grow up strong and robust.

This is accomplished by artificial aids to nature, for when nature fails, either on the part of the mother or on the part of the child, science and civilisation must step in and come to the rescue. The artificial feeding of infants derives its greatest importance from this, and by its kindly, timely and intelligent use, thousands of infant lives are saved, and the children grow up to be healthy and useful citizens. History indicates that some of our noblest, wisest and best men and women have been dependent upon this intervention in infancy who would have died, and their genius been lost to the world, but for a knowledge of the proper means of rearing infants artificially.

A good book is the precious life-blood of a master-spirit, embalmed and treasured up on purpose to a life beyond life ... ... *Milton.*

There is nothing so easy but that it becomes difficult when you do it with reluctance... ... *Terence*

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And it is the duty of every mother to give her child

NATURE'S DIET at the BREAST.

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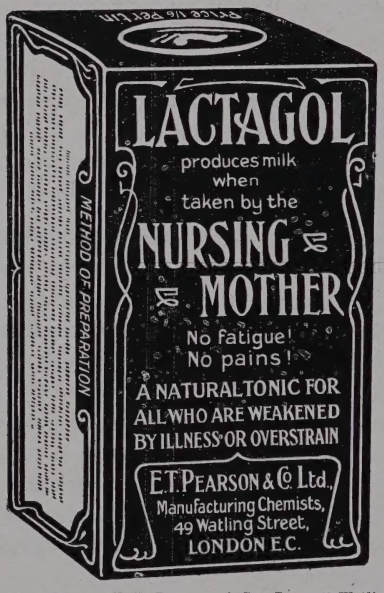
"We were satisfied it would not live if placed on the bottle."



Chiltern House,
Wendover, Bucks.
18th December 1912.

Dear Sirs,

I am writing to send you certain particulars which perhaps you may find interesting; I am writing, moreover, to express my gratitude.

On Nov. 26th last my third son was born to me prematurely. My wife succeeded in nursing him up to Saturday morning, Dec. 7th, when the flow of milk entirely ceased. As the child had only weighed four-and-a-half pounds when born, and was very weakly, we were satisfied it would not live if placed on a bottle. Among the many circulars I had received was one from you, describing the properties of Lactagol. As a last desperate chance we decided to give it a trial.

It was then ten minutes to one. I rang you up from my house and you very kindly arranged to send a tin of the Preparation to my Club, as being Saturday, it was impossible to obtain it any other way immediately. I travelled up to town, collected the tin from my Club, and returned home by seven o'clock in the evening. My wife had two doses that night, and a third the following morning, that is Sunday, Dec. 8th. Within twelve hours of her taking the first dose the full flow of milk returned, and has continued abundantly ever since. The baby has put on a whole pound in the last fortnight, and this fact is wholly ascribable to Lactagol.

Pray make what use you like of this testimonial, which I have written from a genuine feeling of gratitude.

Yours faithfully,

(Signed) LADBROKE L. D. BLACK.

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Aids to Natural Feeding

An attempt should be made in all cases to keep up the quantity and quality of the mother's milk during the suckling period, and this is done by taking particular care of the health of the mother, and by promoting the lacteal secretion by some substance which is known to have that action. The most reliable preparation for this purpose is Lactagol, an extract of the grains of cotton seed. In

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properly regulated quantities, this has been found to have remarkable properties for increasing both the quantity and quality of mothers' milk. The analysis after a course of this product can be clearly shewn to contain an increased quantity of fat and casein.

I have used this preparation with good results for a long time now. In one case where the milk began to fail about the first month the increase of the quantity was such that the suckling continued for nine months; the baby continuing plump and thriving to the great delight of the mother. There was no difficulty in its administration, and the mother has been well throughout the whole period of lactation. The milk was found to have increased both in casein and fats—in the case of the fats from 2 per cent. to 4·50, and the casein diminished at first from 2·10 to 1·50, and then back again to 2.30.

In another case, a healthy young woman, with her first child, had been suckling for six weeks, when she received a severe injury through an accident, which narrowly missed killing herself and her baby, and threw her into a severe condition of shock. The milk secretion failed in quantity, and very greatly in quality, with the result that the baby became thin and fretful, and greatly added to the mother's anxieties. With the assistance of Lactagol, an increase in quantity was soon noticed, and in about four weeks' time, the condition of the milk was almost completely restored to its normal, the infant commenced to thrive, and has never looked back since that time. I was able to take samples from time to time during the four weeks' treatment, and the gradual improvement in the quality of the milk was plainly visible in the milk estimations.

Numerous instances have come under my personal observation in which the milk gland, having almost ceased action, had the secretion fully re-established by the use of Lactagol.

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For Babies from Birth

Introduced for those requiring a Milk Food for Babies from Birth, instantly prepared by adding hot water only.

It is absolutely free from starch, rich in fat and in composition very closely resembles Mother's Milk.

Dr. ———, D.Sc., M.D., D.P.H., London, reports, 25th March, 1909:—"When diluted with 7 to 8 parts of water, the mixture would closely resemble human milk in composition. The fat would then be about 3 per cent. This is very satisfactory."

LANCET, 2nd Sept., 1912.—"Has a composition closely resembling that of dried human milk."

A LONDON COUNTY COUNCIL DISTRICT NURSE reports, 21st June, 1910:—"That in her Municipal work she finds that Neave's Milk Food is the only food she has ever known that babies can take in conjunction with mother's milk without being sick afterwards."

A DOCTOR, Birmingham, writes, 5th April, 1910.—"Easily digested and nourishing .. suitably diluted is a safe substitute for a doubtful milk supply in hot weather."

THE MEDICAL TIMES, 31st Aug., 1912.—"Approximates in composition to Mother's Milk."

NEAVE'S HEALTH DIET

Excellent for Nursing Mothers

A delicious and nourishing milk and cereal diet for general use, acceptable to those who dislike the usual form of "gruel."

A LONDON M.D., etc., writes:—"I consider your 'Neave's Health Diet' a most efficient preparation for Invalids, Nursing Mothers, and persons suffering from weak digestion, being far more nutritious than beef tea."—8th Sept., 1909

A LONDON M.D., M.R.C.S., L.R.C.P., etc., writes:—"I am exceedingly satisfied with 'Neave's Health Diet.' In a case of ulcer of the stomach it was the only food the patient could keep down. Its nice flavour gives it a great advantage over all the other Foods on the market, and I introduce it as a regular food in many cases."—6th March, 1909.

ANOTHER DOCTOR states that he found the Health Diet extremely beneficial in a difficult case of typhoid.

A NURSE writes:—"A patient with heart affection and dilated stomach can take it when nothing else will agree."

QUALIFIED CHEMIST, Boston, writes:—"One of my customers, in consumption, finds it more supporting than anything else."

AWARDED THE CERTIFICATE OF THE INCORPORATED INSTITUTE OF HYGIENE, LONDON, FOR PURITY AND QUALITY

Sample tin of either sent for 2d. postage, mentioning this book.

JOSIAH R. NEAVE & CO.

FORDINGBRIDGE

From baby's point of view it is imperative that all mothers should be able to nurse their children naturally during the first period of life, and anything that can possibly assist them in doing this should be received with some gratitude.

Failure of the Natural Method

Illness and disease may create debility to such an extent as would prevent the mother from suckling her infant, and it is necessary to find food substitutes for the infant. In this country cows' milk is used because it is the most readily obtainable and within reach of all. It differs from mothers' milk in its composition, and has therefore to be modified to suit the infant.

How Cows' Milk differs from Human Milk

Cows' milk contains more curd than human milk (and the curd is thicker and heavier), and less fat and sugar. The great object of some people who are anxious to make cows' milk resemble human milk as closely as possible, is to reduce the curd part and to increase the fats. This is shewn by the following table which gives the composition of human milk and cows' milk :—

	Human Milk	Cows' Milk
Water	87·163	87·012
Fat	4·283	4·209
Casein	1·047	3·222
Milk-Sugar	7·407	5·000
Ash	·101	·527

In some preparations this is done, and cows' milk is sent out in bottles under the name of "humanised milk," and in many cases it does well enough when sterilised, as hard curds are not formed in the stomach, and infants gain weight more quickly than on the diluted milk. Budin, the French savant, maintained that newly-born babies could be fed on undiluted cows' milk which had been sterilised. Sterilising is best done by simply heating the milk to boiling point, and then cooling it rapidly.

By Special Appointment

"Purveyors of Milk and Cream" to H.M. The King

Welford & Son's Dairies

Best and most trustworthy for supply of

Pure Fresh Cows' Milk

for Infants and Invalids.

Milk Specialities

of every description, and to Physicians' Prescriptions prepared at

The

Chief Dairy & Milk Laboratories,

Elgin Avenue, London, W.

which comprise the

Largest Dairy in London

Telegraphic Address:
"WELFORDS', MAIDA, LONDON"

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PADDINGTON 5440
(2 lines)

Diluted Milk

It is impossible by any process of chemical manipulation to convert cows' milk into a fluid which is anything identical with human milk. Besides differing in chemical composition, it differs also in its physical properties. The casein is a different kind of casein, the fat is different in quality: but it is possible to make cows' milk approximately resemble human milk, and so make it more suitable for the infant's requirements.

How to Prepare Cows' Milk

Start with a mixture of cows' milk and water, half and half; some recommend it weaker. If the child cannot digest it, there are means to make it digestible. Barley-water is sometimes of great assistance when added to the milk, and can be used very thin: it acts by mechanically separating the curd part, and making it soft and flaky instead of lumpy. In outbreaks of infantile diarrhœa, to which young infants are prone in very hot weather, it is an invaluable adjunct, and sometimes entirely displaces the milk diet of infants. In this way one of the greatest difficulties in the use of cows' milk is overcome. In the first few weeks of life of a naturally-fed infant it depends upon a very dilute solution of casein; if too much is present the milk disagrees.

Other Necessary Additions

The simple addition of water to cows' milk dilutes the other ingredients unduly, and makes the diet proportionately poor in sugar and fat. These must be added to babies' milk:—Ordinary sugar, two teaspoonfuls to every six ounces of the diluted milk, and a similar quantity of ordinary pure cream containing about 45% of fat. This gives a fluid approximately, as far as percentage goes, resembling human milk, and is the simplest and best method of starting the artificial feeding of infants when this is required to be done.

Times of Feeding

It is advisable to have regular times of feeding, and definite quantities should be given at intervals during the day and during the night. Infants vary so much in their individual requirements, that it is only possible to point out in a general way how the dietary should be modified to suit age and other circumstances.

As a rule, infants should be fed as follows :—

Up to one week old, every 2 hours, day and night. Quantity 1 to 1½ ounces or 2 to 3 tablespoonfuls.

From 2 to 3 weeks, every 2 hours, day and night. Quantity 1½ to 3 ounces.

From 4 to 5 weeks, every 2 hours daily. Only one night feed. Quantity 2½ to 3½ ounces

From 6 to 12 weeks, every 2½ hours daily and one night feed. Quantity 3 to 4¼ ounces

From 3 months to 5 months, every 3 hours daily. No feeding at night. Quantity 4 to 5½ ounces.

From 5 to 9 months, every 3 hours daily. No night feeding. Quantity 5½ to 7 ounces.

From 9 to 12 months, every 3½ hours daily. No night feeding. Quantity 7½ to 9 ounces.

Useless Milk

Mothers should remember that there is such a thing as useless milk, and that some of the mixtures sold as milk cannot be sufficiently strongly condemned. The milk supply of the infant should be pure and unimpeachable. Good milk is often spoilt by the addition of preservatives, such as borax, which are not only harmful in themselves, and capable of producing disasters in infant rearing, but because they also conceal the germs of certain diseases which increase infantile mortality. In the provision of a healthy milk-supply for infants and invalids, preservatives should be rigidly excluded wherever possible.

Foster Mothers and the Feeding Bottle.

Artificial feeding of infants is quite a historical affair. Long before the invention of the feeding bottle, which dates back to Roman times, if not earlier, the wet nurse

(nourrice) or foster mother was greatly in vogue, and is so still in France and among the better classes in this Country. Among the poorer classes, animals were used as foster mothers. In the ancient annals, whether true or merely poetic fiction, we read that Romulus was suckled by a wolf, and the son of Hercules by a fox, whilst the use of a goat as a foster mother was exceedingly common.

Invention of the Feeding Bottle.

These somewhat clumsy methods have yielded gradually to the more refined looking methods of feeding babies by the bottle. The use of the feeding bottle certainly goes back to remote antiquity. A picture discovered at Herculaneum shows Silenus quenching his thirst with wine which he sucks from the point of a vessel shaped like the horn of an ox. In these Roman bottles the nipple was placed on one side, the principal opening was closed by a stopper, pierced with several small holes to resemble the human nipple, and an aperture at the neck permitted air to enter. The great difficulty, however, seems to have been not so much in the construction of the bottle, as in inventing some arrangement whereby the child could get the food out of the bottle, and in the discovery of some form of artificial nipple or teat. Artificial nipples are mentioned for the first time in 1226 A.D. The feeding vessel consisted of a vase, shaped as a kind of rough imitation of a nurse's breast.

The modern form of bottle really belongs to the present century, and was invented by a lady who was chief midwife to the Maternity Hospital in Paris. Prior to her time the great difficulty was to provide proper nipples for children. The French were the first to use glass bottles for this purpose and to recognise the superiority of glass over horn, earthenware, wooden or metal materials for feeding bottles. The French bottle was made of crystal, and the neck of the bottle was closed with a glass stopper,

shaped like a nipple. It fulfilled all conditions of cleanliness, but it was very expensive.

The present day Bottle.

Nowadays the bottle is in almost universal use. In bad hands it may prove an instrument of danger. It is not the bottle that is to blame, but the hands that prepare and administer the food. The cheap tubing and nipples of these bottles are serious elements of mischief. It is almost impossible to keep the tube clean, and therefore it should never be used. It invariably smells strongly of lactic acid or other acids even more poisonous, which, when swallowed by infants, cause acute intestinal pain and diarrhœa. The slipper bottle is not so bad. The teat is set directly into the neck of the bottle like the ancient model. It gives the nurse more trouble, but it is safer for the child. It is not the bottle, but what it contains that does the mischief.

The simplest and best feeding bottle is one which combines cleanliness with simplicity, and known as "Allenbury's Feeder." It does away with the tube by substituting a pure transparent rubber nipple which can be turned inside out for cleaning. The glass bottle bent in the form of a boat can be flushed thoroughly and easily under the tap. It contains no corners in which to lodge small portions of curdled milk to decompose and spoil each fresh food supply as it is placed in the vessel. The flow of milk is regulated from the distal extremity of the bottle by a pure transparent rubber valve, which regulates the flow of air behind the column of milk and prevents the child from being pained with wind colic, due to swallowing air. A woollen feeder holder is supplied to prevent the food from becoming too quickly cold, and for attaching the bottle to the side of the cot, and thus acting as a protection against breakage. Being made of pure white wool, it is inexpensive and easily cleaned.

How to Clean the Bottle.

Infants being fed artificially should be supplied with duplicate bottles, so that one can be soaking in cold water and cleansing while the other is in use. It is not necessary to use hot water for cleansing the feeding bottle.

When Cows' Milk Disagrees.

Cows' milk is used for baby feeding because it is handy and easily obtained, but it does not always agree. Sometimes the cow-fed infant tends to have vomiting of milk curds or it suffers from colic with curdy or greenish motions. These signs show that the milk is too strong in casein for that particular baby. The practical point is not to dilute the milk still further, but to use something else. Change the diet from cows' milk to some other form of milk food. Condensed milk is a valuable feeding adjunct, sometimes better for infants than cows' milk, partly because in these preparations the mixture is weaker in casein and stronger in sugar than ordinary cows' milk. The brand used must not be deprived of its fat or cream. Having selected a good brand (and this is all important) add a teaspoonful to three ounces of water. That will give the correct proportion of proteid in the form of casein. It contains rather an excess of sugar, say between six and seven per cent., very much the figure recommended as a suitable mixture for children who have a difficulty in digesting ordinary cows' milk. The weakness in proteid does not matter. What is important in condensed milk feeding is the poorness in quantity of the fat. Therefore at least one teaspoonful of cream should be added to every three ounces of the mixture, in order to give the child its proper quantity of fat. If this is neglected children fed on inferior condensed milk become thin and wizened looking.

Make your educational laws strict, and your criminal ones may be gentle ... ... *Ruskin.*

Milk Dietary Artificial Modifications

Weaning

A child ought to be weaned not later than the tenth month. Weaning should not be dependent upon the teeth, for some children would never cut teeth if they were not weaned, and many cases of rickets are caused by prolonged suckling. The teeth also suffer very greatly as they are being formed in the gums. If the teeth are taken as a guide to weaning, the child will be kept at the breast too long. The same thing holds good with regard to bottle fed children. About the tenth month, the child may be gradually put upon the starchy foods, such as oat flour or baked flour. After the end of the first year, there is no difficulty with infant feeding. The difficulties arise in the first few months of life.

The Necessity for a Plan

The wet nurse if employed at all is advisable for the first three months at least. These are the months that require trouble and care. The first thing the mother and her counsellors should determine is a scheme or plan of feeding which they mean to keep to. Failure arises through a want of system in feeding a particular infant. If one plan does not answer it is frequently at once discarded, and in the course of half a dozen weeks six or seven different methods are tried, with great harm to the baby. If satisfaction is to be obtained, the original plan should not be departed from unless there is good reason to be certain that it is not going to answer in that particular case. The general advice should always be remembered to persevere with the plan originally adopted, until the particular dilution of casein is ascertained suitable for the needs of the particular infant. The casein should be kept

down to 1·5 per cent. If this is done the subject of infant feeding presents no great difficulty except in rare cases, in which the infant is totally unable to digest milk in any form.

Desiccated Milk

This affords one method of overcoming the difficulty of curdling. When in solution it does not form a dense clot, and hence young children can take a much stronger solution of it. In the process of drying, the milk has undergone a change which prevents the formation of the thick clot. It is sometimes prepared from the whole milk mixed with wheat flour and a considerable quantity of cane sugar. This product appears to agree very well with the infant, and runs less risk of deteriorating by changes of the weather or from bacterial contamination, and when judiciously administered is found superior to the sterilised, humanised and peptonised milks, notably so when milk is dangerous and easily contaminated.

Citrated Milk

This is prepared by adding a grain or two of citrate of soda to the ounce of milk to be used. It produces a light, finely divided clot, and prevents curdling in the stomach. By adding this, a comparatively insoluble citrate of lime is precipitated. It is the lime in the milk which is essential to clotting or curd formation. If that is removed, milk will not curdle. It is exactly the same with the blood, it will not clot if deprived of lime salts. Hence, by citrating the cow's milk, the difficulty of digestion caused by clotting is frequently overcome.

Peptonised Milk

In the event of the child not gaining weight, peptonised milk may be tried. Pepsin, when added to milk has very much the same effect as "citrating." The clot which forms after adding pepsin is much less lumpy. This has the advantage over citrated milk, that the casein has been

to some extent partially digested. By giving milk and water in equal parts, and by adding a teaspoonful of some peptonising preparation, excellent results are sometimes obtained.

Malted Milk

Malted milks are useful in the case of children with whom plain cow's milk or patent milk foods are beginning to disagree, as indicated by frequent indigestion and loss of weight.

Properly malted food contains no free starch. If an infant cannot take milk in sufficient quantities to thrive, a condition of things which often happens between the ages of six and nine months, then the diet must be supplemented by some other food at once nutritious and digestive. The Malted foods frequently serve this purpose.

What is Malted Milk?

Wheat flour and barley flour when malted are changed by a natural process into a soluble food, and thus conforms to the natural food of infants. Wheat flour and barley meal must be malted to make it soluble, and this constitutes the great charm of Malted Milks for infant feeding.

There are many Malted Foods on the market which have all the starch principles in soluble form. Others again contain but extremely slight quantities of starch, and still form splendid food for infants.

Allenbury's Malted Food is a mixture of wheat, flour and malt, and specially designed for infants over six months. It is not so completely digested as to leave no work for the infant's digestive functions. It consists chiefly of a carefully cooked wheaten flour, specially selected, to which is added pure malt in soluble form. The starch grains are thoroughly broken up and are rendered partially soluble by the subsequent action of the malt. The diastase present also acts on the milk with which the food is prepared, prevents the coagulation of the casein, and renders it easy of

digestion. It is prepared by mixing one tablespoonful of the food to a teaspoonful of sugar, and three tablespoonfuls of cold water. This has to be mixed, and half a pint of boiling milk and water added.

Some foods are prepared with the addition of pancreatic extract, the preparation of which requires a little brains and care to bring out all its excellent qualities. It is put in a moderately warm place for 15 minutes then brought to the boil. This process is necessary to allow the food to digest itself, thus saving the delicate organs of the baby or invalid the trouble of doing the digestion themselves. The best results are thus obtained for the least trouble. Even this simple process seems too complicated for some to understand. There are two main classes of parents in this country, those who know and won't do, and those who try and can't do.

Not by years, but by disposition is wisdom acquired — *Plautus.*

Discontent is the want of self-reliance; it is infirmity of will ... ... — *Emerson.*

The best Doctors in the World are Dr. Diet, Dr. Quiet and Dr. Merryman ... ... — *Swift.*

One thorn of experience is worth a whole wilderness of warning ... ... — *Lowell.*

Prosperity makes friends, adversity tries them ... — *Publius.*

Cheerfulness is the principal ingredient in the composition of health ... ... — *Murphy.*

Childhood shows the man as morning shows the day — *Milton.*

No human capacity ever saw the whole of a thing, but we may see more and more of it the longer we look ... ... — *Ruskin.*

Learn to see in another's calamity the ills which you should avoid ... ... — *Publius.*

Let a fool hold his tongue and he may pass for a sage ... ... — *Publius.*

Patent Milk Foods

TO the public all patent foods seem to be very much the same, though no two of them are alike. They all differ in composition, and each serves a useful purpose when properly used.

The dangers and disasters caused by feeding infants with solid foods led to the passing of a law in France prohibiting under severe penalties the administration of solid food to infants under twelve months, without the express directions of a Medical man. This law has banished from France inferior and dangerous baby foods. It cannot, however, prevent those breaches of hygiene which are exemplified when mothers add to their infant's food, toast water, pap, flour, and other unprepared starch preparations. As a rule the mother means kindliness to the infant, and would not do such a thing if she really knew that it injured her child. It is due to sheer ignorance, and indicates the need for an Educational Campaign among mothers and daughters. Educational Authorities might omit some of the "ologies" and "accomplishments," and substitute in present-day education something really useful in domestic life in the way of "Mothercraft."

The first kind of "patent foods" includes all the foods that are substitutes for milk, and are intended to be used without any additional milk. They conform as closely as possible to the standard of dried human milk, the formula for which when all water is excluded is:—

DRIED HUMAN MILK.

Proteid	Fat	Carbo-hydrate	Mineral matter
12.2	26.4	52.4	2.1

Neave's Milk Food

For many years this old-standing and renowned firm have been experimenting with a view of providing an artificial

milk food as nearly as possible resembling human milk. They have succeeded in producing a milk food, free from starch and rich in fat. It is instantly prepared by adding hot water only, and when so diluted yields a preparation almost identical with human milk. No artificial milk exactly corresponds with human milk, but in this preparation there is so close a resemblance that for infants requiring liquid diet only, it should not only make the baby grow up healthy, but free from rickets or kindred ills, and provides a very important addition to the catalogue of infant foods. Where mother's milk is [not available or is deficient in quantity or quality, this product will be found a proper nutritive agent for infants, either alone or in addition to the ordinary mother's milk—the so-called mixed feeding.

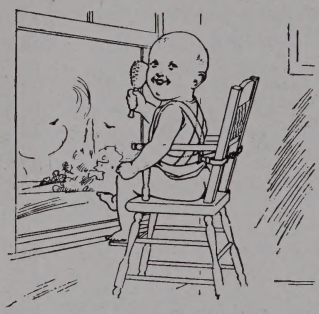
Bearing in mind that artificial feeding with improper foods is one of the most potent causes of the maladies of early life, and the chief factor in the production of infantile scurvy, a condition of malnutrition, accompanied by rickets, it becomes of the utmost consequence in the case of failure of the mother's milk, that the quality of the milk food substituted for it should be beyond doubt and without reproach. That Neave's Milk food complies with the highest available modern standard is shewn by the milk analysis issued from the London Hospital under Dr. Thresh's supervision. From this it appears that this food contains in each 100 parts, Fats 26.0, Proteids 20.0, Lactose 47.1, Ash 4.5 (of which 5 per cent. is Phosphoric acid) and Moisture 2.4. By merely diluting with 7 to 8 parts of water, the mixture closely resembles human milk in chemical composition. The fats would then be about 3 per cent.

Allenburys Food

The "Allenburys" Foods provide a complete and progressive system of feeding by carefully adapting cow's milk to maternal milk. The "Allenburys" Milk Food No. 1 is intended for use in the first three months of human life. It is

The "Conquest" Safety Belt

The Mother's Aid and Stand-by.



"The child cannot fall out or leave the chair at will."

THE "Conquest" is a new invention for securing safety for children from accidents. It is so designed that a child with the 'Conquest' Belt on is made perfectly secure from falling from perambulator, mail-cart, cot, chair, coming in contact with fire, or falling out of the window.

No Mother can realise the comfort, satisfaction and absolute safety of her child until she uses the "Conquest" Belt.

The "Conquest" Belt is adjustable, made of soft superior Webbing and will fit a child from the age of four months to four years.

Each Belt guaranteed for twelve months.

PRICE :
Post free
Popular quality 1/6
Standard quality 2/6

"The back-strap on same can be adjusted in twenty different ways to suit the position of the wearer."

THE "CONQUEST" MANUFACTURING CO.
76 FORE STREET, LONDON, E.C.

desiccated cow's milk from which the excess of casein (indigestible curd) has been removed, and a certain proportion of a solid vegetable albumen, milk sugar and cream is added. No starch is present in any form. It requires the addition of boiling water only to prepare it, and directions as to the exact quantity to be given according to age are stated on each tin. The "Allenburys" Milk Food No. 1 is as easy of assimilation as maternal milk. If the mother has not sufficient milk the Milk Food No. 1 may safely be used in conjunction with the breast, in which case each may be given as alternate feeds, and no fear need be entertained about their disagreeing. This Food is far more valuable and easily digested than modified milk and is especially suitable for delicate and premature infants.

The "Allenburys" Milk Food No. 2 is for infants from three to six months of age. The constituents of this Food are the same as in the No. 1 Food, with the addition of maltose, soluble albuminoids, and other products resulting from the mashing of whole meal with a malt wort. The "Allenburys" Milk Foods are practically identical with healthy human milk in composition, nutritive value and digestibility and are absolutely free from all harmful germs.

The "Allenburys" Malted Food No. 3 is a mixture of wheat flour and malt, specially designed for infants of over six months. It is prepared by mixing one tablespoonful of the food to a teaspoonful of sugar and three tablespoonfuls of cold water. This has to be mixed and half a pint of boiling milk and water added. This Food is intended primarily for the use of infants after the sixth month, but is also of great value for invalids, convalescents, and all requiring a light and easily digested diet. The "Allenburys" Rusks (Malted) form a valuable addition to a baby's dietary when ten months old and after.

Full information in this connection is furnished by Messrs. Allen & Hanburys on each tin of Food issued by them.

The First Few Months of Baby's Life Largely Decides His Future Health and Happiness

A Doctor who makes a speciality in children's teeth, told our representative that when a child of four or five was brought to him, he could always tell by the poor quality of enamel on the teeth if it had been reared on a farinaceous food or a diet deficient in fat—such children were frequently suffering from rickets. Because **Glaxo** contained ample fat and no farinaceous matter, he always recommended its use when an artificial food had to be used.

Glaxo consists only of pure milk, with extra cream and milk sugar. The extra cream makes it as rich in fat as healthy breast milk, whilst the **Glaxo** process causes it to be as easily digested even by a very young or weak baby.

Look at the photo above—the one baby is six months old and the other is 18 months old—both **Glaxo** reared—both are healthy and it is obvious that the appearance of the elder one proves she has been well nourished from birth and is the possessor of a strong, robust constitution.

A Sample together with 72-page Glaxo Baby Book sent free on receipt of the :: detachable post card opposite ::

WEIGHT Glaxo CHART

Name .....

Date when born .....

Weight when born .....

Week	Lbs.	Ozs.	Week	Lbs.	Ozs.
27			40		
28			41		
29			42		
30			43		
31			44		
32			45		
33			46		
34			47		
35			48		
36			49		
37			50		
38			51		
39			52		

WEIGHT Glaxo CHART

Name .....

Date when born .....

Weight when born .....

Week	Lbs.	Ozs.	Week	Lbs.	Ozs.
1			14		
2			15		
3			16		
4			17		
5			18		
6			19		
7			20		
8			21		
9			22		
10			23		
11			24		
12			25		
13			26		

Glaxo Baby Food.

Many bacteriologists having devoted themselves to studying the disease-carrying organisms in milk taken from various animals and also from suckling mothers, came to the conclusion that it was a very fertile field, and enormous multitudes of bacteria flourishing in milk were discovered.

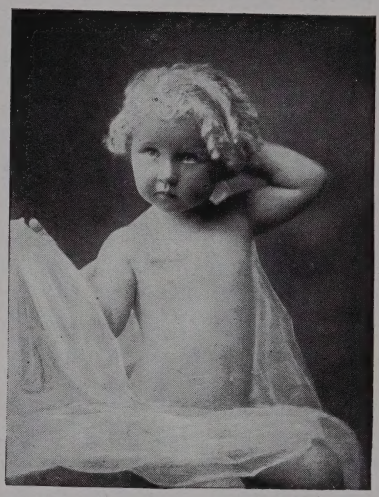
More than fifteen varieties of lactic acid producing bacteria were discovered. These caused the milk to sour whether outside or inside the body.

From observations it was found that the milk secretion of even healthy women could become a medium for the excretion of disease producing organisms, and of poisons, some of which were undoubtedly factors in setting up summer diarrhœa in infants. It has been said that milk, of all foods, is the one most likely to convey infection to children, and these facts led to the search for milk products suitable for baby feeding which are bacilli free.

Some years ago dried milk carefully prepared with the addition of cream and milk sugar was imported from the dairy farms of New Zealand. It is practically cow's milk without moisture, and when submitted to bacteriological tests it was found to be practically free from all organisms, and the suspected factors causing summer diarrhœa when looked for were all absent. It was found further that when the milk was centrifugalised for twenty minutes in a high speed electric centrifuge, and the cream and deposits subsequently examined, no tuberculosis or diphtheria bacilli could be found.

Under these circumstances there can be no doubt that a preparation of this kind should form, bacteriologically speaking, an ideal food for infants, when breast milk is absent or deficient in quality or quantity, and especially during the summer months, when, as is well known, ordinary milk is so liable to contamination by dust-borne, or by fly-borne organisms.

VIROL



A BEAUTIFUL VIROL CHILD

29 Elphinstone Road,
Walthamstow,
July 8th, 1912.

VIROL, LTD.,
Dear Sirs,

I have much pleasure in sending you a photograph of my daughter Doris, who is absolutely Virol fed. I was unable to feed her myself and the bother was to get a suitable food. We tried many of the advertised babies' foods, but without exception they all caused gastric trouble. At last we were advised to try Virol, and ever since Doris has steadily progressed. I don't think you can find a finer child anywhere. The photograph is good but it cannot convey her perfect bodily condition. Her age is two years, and she weighs two stone eight pounds.

Yours faithfully,
D. MISELDINE.

A Wonderful Food for Wasting Children!

IN JARS, 1/-, 1/8 & 2/11

VIROL, Ltd., 152-166 Old St., London, E.C.

Virol

This preparation is one of the most recent and scientific of all children's foods, and consists of the pure marrow fat and red bone marrow from the ribs of young oxen, mixed with malt extract, and the yolks of new laid eggs, together with lime salts, delicately flavoured with the juice of fresh lemon.

In the case of the most delicate children, the addition of Virol to the milk diet supplies deficiency in fats and in sugar, makes the milk more palatable, and prevents the possibility of infantile scurvy. It provides an enzyme which speedily digests the food in the most delicate stomach.

Breast fed infants who are not thriving should be given a small quantity of Virol between feeding, in all two teaspoonfuls a day.

THE IDEAL DIET FOR BABIES DEPRIVED OF THEIR NATURAL FOOD.

Age of Child.	PROPORTIONS			Tablespoonfuls each feed.	Time of Feed.	No. of Bottles in 24 hours.
	Milk.	Barley Water	Virol.			
1st Fortnight	1 part	2 parts	½ eggspoonful	3	Every 2 hours	10
2nd ,,	1 ,,	2 ,,	½ ,,	5	,, 2 ,,	10
2nd Month	1 ,,	2 ,,	1 ,,	6	,, 2½ ,,	9
3rd ,,	1 ,,	1 ,,	1 ,,	7	,, 2½ ,,	9
4th ,,	1 ,,	1 ,,	1 ,, large	8	,, 2½ ,,	8
5th ,,	2 ,,	1 ,,	1 ,, ,,	10	,, 3 ,,	7
6th ,,	2 ,,	1 ,,	1 ,, ,,	10	,, 3 ,,	7
7th ,,	Undiluted Milk		1 ,, ,,	11	,, 3 ,,	6
8th ,,	Undiluted Milk		1 ,, ,,	12	,, 3 ,,	6
Over 8 Months	Undiluted Milk		1 ,, ,,	14	,, 3 ,,	6

A healthy child may be kept on a Virolized milk diet for the first nine months, and so long as it is thriving on the food it is getting there should be no hurry to change it. After the first month some people do not dilute the milk at all; in fact, many children thrive best on undiluted cow's milk. There is no necessity to follow any fixed rule slavishly. The real guide is to be found in the character of the baby's stools. If curds are passed in the stools the proportion of milk must be lessened; on the other hand, if the food does not seem to satisfy the child, more milk must

be used. If undiluted cow's milk is used two grains of sodium citrate, which can be obtained in tablet form from any chemist, should be dissolved in a little water and added to each feed.

The Midwives' Record, February, 1910, contains an interesting article by Dr. Feldman stating that the most important trouble of many women is Anæmia.

"As a result of this deficiency in either the quality or the quantity of the blood, the patient begins to look pale and feel weak. She also suffers from shortness of breath, because she cannot take in sufficient oxygen at each inspiration to nourish her tissues. For the same reason she suffers from palpitation, because the muscles of her heart are not well nourished. She may also waste, suffer from headache, pain in the back, and sleeplessness. In bad cases there may be hysteria and even insanity. If such symptoms are very severe in a nursing woman, and do not improve under treatment, it may become necessary to wean the child.

"The treatment consists in taking plenty of nourishment, such as milk, meat, eggs, &c., plenty of fresh air and sunlight, keeping the bowels well open and the teeth perfectly clean. In addition to all this, Virol is invariably of exceedingly great value. I have found Virol to be of such enormous value in the treatment of many infantile ailments —such as rickets, wasting, &c.—that it occurred to me to give it a trial in suitable cases in adults, also with success. The quantity to take is one or two teaspoonfuls three times a day, and as the weight of Virol so taken is much less than the weekly gain in weight, it is obvious that the food is not only nourishing in itself, but also aids in the absorption of other foods which would otherwise pass through the intestines unchanged. Moreover, the actual quality of the blood becomes vastly improved, both as regards the number of red corpuscles, and as regards the quantity of hæmoglobin."

Cereal Foods

Infant Foods containing Starch

As a rule, this class of food is reserved for children getting over the first year of life and needing something more than milk. They are beginning to take solid foods, but cannot yet quite do without milk as an adjuvant to nutrition. This is not all that has to be said in favour of starch-foods, for it has been found that certain cereal foods have been used with the best results almost from the earliest infancy. It is the apparent paradoxes of life that puzzle physiologists and often lead to fruitful investigation. In certain diseases of infancy where milk diet is entirely forbidden, the infant's life can frequently be saved by a carefully prepared cereal diet. Some infants do badly on ordinary liquid diet and thrive when milk is discontinued in favour of some other form of nutriment. These are made from different kinds of grain, such as oat flour, wholemeal flour, barley, groats, cornflour and the like.

Flour Diet

It is frequently observed that the infant cries with pain when bread made from ordinary flour is put into its milk. Flour contains gluten which is sticky and wet (the necessary quality for bread-making) but as all dyspeptics know who eat new wheaten bread, its adhesiveness makes it indigestible. Hence as a baby food it has never been regarded with favour. There are methods by which this adhesive property of the particles can be removed, thus rendering floury food digestible even by infants.

Process of Preparing

Cereal food must undergo a special process before it can be so used, and only very few know how to do this. The food supplied to an infant requires to be of such a character as to build up the tissues and increase its growth and

Master JACK HOLLAND. **Brought up on NEAVE'S FOOD.**

Myrtle Cottage, Oxon Road, Crewkerne.
July 14th, 1909.

"*I am enclosing photograph of my nephew who was brought up on Neave's Food. He is the picture of health and his limbs are the admiration of all who see him. His energy and strength are all that one could wish. I may say that Jack was fed on—— Food at first, but it only seemed to fill him with wind and make him constipated, the result being that he cried continually and was never satisfied. Being recommended to try Neave's Food, his parents put him on it and he was better at once, sleeping and lying much better, and his bowels acting with the utmost regularity.*"

(Miss) C. M. HOLLAND.

weight. In many cases it is found that infants who have to be artificially fed, owing to the mother's inability to feed them, cannot thrive on cow's milk and water, and in such cases it is necessary that the milk should be strengthened by the addition of a properly prepared cereal food. Moreover, its addition makes the curd more easily digestible. In order to do this the strictest adherence to the laws of preparation must be complied with—just as in plant life, where, more than in any other form of growth, food principles have to be most rigidly conformed to.

Neave's Food for Infants

Neave's Food, which has stood the test of experience for so long a period, is a pure Cereal preparation, nothing being added to it except what comes from the mill It contains no milk, no artificial digestives, no added fats, no salts which are not natural to the product, no chemicals of any kind, and yet by the method used for preparing the natural cereals for food, Neave's Food can be used, and has been so used since its discovery, in feeding infants from birth upwards. Although it is agreed that the natural food for newly-born infants should be liquid, every practitioner has noticed that some infants do badly on the ordinary liquid diet, and frequently thrive better when milk is discontinued in favour of some other form of nutriment.

Digestibility

There are methods by which the adhesive properties of wheat and starch can be removed, and the particles prevented from adhering, and this renders it easily digestible. It has been suggested that starch is no more indigestible for the newly-born infant than for the newly-hatched chicken, provided that it is suitably prepared for food before being administered. In ordinary circumstances, it is considered that what might be called the pudding stage of existence does not begin before the eleventh month of life, when children may take amylaceous foods. In Scotland, the better class of mothers do not wait eleven

Miss ELEANOR MARSH. **Brought up on NEAVE'S FOOD.**

Johannesburg, Transvaal, October 9th, 1912.

"*Dear Sirs,*

I enclose a photograph of my little girl aged 2, *who, from the age of* 6 *months, was fed entirely on Neave's Food. We tried all sorts of things for her, and it was a long time before we found out what suited her. She is the picture of health and is in every respect a model baby. You may use the photograph if you wish it.*"

Yours faithfully,

(Signed) IDA F. MARSH.

"*P.S.—The climate in Johannesburg is very trying for children, especially during the Summer months. Many mothers have difficulty with their children, and I am always recommending your Food, as I have great faith in it.*"

months, or even eleven days before starting these amylaceous foods. If Neave's Food, as prepared for administration to the infant, is compared with human milk, the following result is obtained :—

	Human Milk per cent.	Neave's Food per cent.
Fat	3·9	1·02
Nitrogen Substances	2·5	2·12
Carbon Hydrates	6·5	8 84
Salt	0·4	0·31
Lime	0 08	0 07
Phosphoric Acid	0·11	0·12

For Infantile Derangements

If Neave's Food were not of that high character and usefulness, it would not have retained its great popularity amongst mothers and physicians for so many years. It is used all over the world, and by following the directions given, it will be found valuable in temporary infantile derangements; as by increasing the proportion of milk if there be a tendency to diarrhœa, or by increasing the proportion of food if there be a tendency to constipation, the use of astringent or laxative medicines may be dispensed with.

Scientific Testimony

Neave's Food is admirably adapted to the wants of infants and young persons, and, being rich in phosphates and potash, is of the greatest utility in supplying the bone-forming and other indispensable elements of food. The albuminoids or flesh forming ingredients of this food are very abundant, and its large percentage of fat producing materials will effectually contribute to the maintenance of the heat and work of the animal magnetism.

While this Food is of very special value to older infants, it is not to be excluded from the dietary even of the youngest infants merely on theoretical principles. Many children have been fed from birth entirely on Neave's Food. The delicate have grown up strong and healthy. The food is in itself a gentle laxative without producing diarrhœa, and in this respect it has an action on the bowels exactly the opposite of cow's milk. This action is abundantly con-

Babies cannot digest cow's milk alone.

Milk taken in its natural state, or diluted with plain water, is liable to curdle in the stomach, and cause vomiting and wind. These ill-effects never follow when milk is diluted with Barley water made from

ROBINSON'S "PATENT" BARLEY

BABIES fed, after weaning, on ROBINSON'S "Patent" GROATS, made with milk, will grow up charming children, the picture of health, muscular, sturdy, active and intelligent. They will escape half the ailments which prey on childhood, thanks to the stamina derived from

ROBINSON'S "PATENT" GROATS

Send for Free Booklet, "Advice to Mothers."

KEEN, ROBINSON & Co. Ltd., London.

firmed both by that of nurses, especially of district nurses, to whom Neave's Food should have a special interest and preference, and by medical men, who were the first to appreciate its value, and to testify that the value of a food-stuff does not depend upon its expense, and that a simple, plain, useful food is the best in most cases.

Like Human Milk

No animal milk exactly corresponds with human milk. Neave's Food will be found an excellent help for supplying the deficiencies in cow's milk, for it is rich in the phosphates and potash which go to form bone, and also in the fat producing materials which make the heat and energy of the body. A really good food should not only make the body grow up healthy, but should also ensure its healthy development. Many of the new patent foods which are sold merely puff out the child with oily fat. Many children so fed subsequently suffer from rickets, or kindred ills, a year or two later, owing to the lack of sufficient bone-forming material in the diet.

Robinson's Patent Groats

This article of children's dietary is in very great favour among many mothers. It is like a fine oatmeal, and when properly made the taste is delicious and creamy and is much appreciated by young children and invalids. It is much superior to ordinary oatmeal and more palatable. It should be made with milk, and will then be found most nutritious and agreeable. Many mothers who have difficulty in nursing their babies, have found that by taking a basin of Groats made with milk at breakfast and the last thing at night, a full supply of milk has resulted. It is prepared by taking two dessert spoonfuls to mix with three spoonfuls of milk. Boil the remainder of a pint of milk and pour it in, boiling and stirring for ten minutes. Sugar to be added to taste.

Robinson's Patent Barley

There are many forms of Cereal Food, some with, some without malt. Some prepared from wheat and flour, others

from oats or barley, and some contain a mixture of all three.

Robinson's Patent Barley is one of the best of this class of preparations. It is made from ground pearl barley, and having a low proteid constituent it is digestible in the earliest periods of infant life. When cow's milk does not agree, as it is so frequently found not to do, the addition of barley water is a great assistance when added to the milk. It acts by mechanically separating the curd part, making it soft and flaky, and more easily digested, instead of lumpy, hard and curdy. It is recommended and used in this way in many of the Children's Hospitals, notably the Hospital for Sick Children. In outbreaks of Infantile Diarrhœa, to which young infants are prone in very hot weather, Robinson's Barley is an invaluable adjuvant to, and sometimes entirely displaces, the milk diet of infants. It has been the means in this way of saving thousands of infant lives.

Quaker Oats

It is admitted by those who have studied the food problem that the more general use of oat foods would be a national benefit. These foods contain all the elements necessary to sustain life, and are richer in flesh and bone-forming materials and heat producing substances than all other cereals. Oats contain a considerable quantity of fat, and are rich in organic phosphorus (the main constituent of the brain) and in lecitine (an element most important for the formation and sustenance of the nerves and nerve-centres) and a large percentage of mineral substances which form bone and teeth, whilst the economy of oat food is also a very important feature.

These facts show the exceptionally high value of oats as an important and economical food for securing healthy bodies, strong nerves and well developed brains.

The praises of the Oat have been sung by poets from Homer to Burns, and the products derived from it have been used throughout all historic times.

Burns compares the strength of the populace fed on cooked oatmeal, with the delicate look of those fed on

" ragouts, olios or fricasses," thin and miserable, with an arm thicker than a whip lash, and a hand the size of a nut:—

> But mark the rustic, haggis-fed,
> The trembling earth resounds his tread
> Clap in his walie nieve a blade,
> He'ss mak it whissle:
> And legs, and arms, and heads will sned
> Like taps O'thrissle.

Oat foods contain, as do all cereal foods, a considerable quantity of starch, and raw or partially cooked starch is ifficult of digestion, therefore oat food, just as bread, rice, potatoes, etc., should be thoroughly cooked. The granular or cut oatmeal requires a long time to cook thoroughly. The introduction of Quaker Rolled Oats has greatly increased the use of oat foods in England because the large thin flakes of these oats present the starch cells to the action of heat more readily, and therefore insures a digestible oat food that can be quickly prepared. Another point of importance is that Quaker Oats is sold only in sealed packets, which protect the food from dust, dirt and other impurities.

Oat foods that are sold from open sacks lose flavour, and are liable to contamination.

Oat foods sold in bags are liable to become moist by exposure to the atmosphere, and to turn sour. They ought to be kept in dry wooden boxes, or as is done in Scotland (where the oat is a stock article of diet) in specially prepared barrels known as the " meal barrel." This is kept in the driest spot in the house, usually at the fireside corner, and thus kept handy and dry at one and the same time.

The great advantage of Quaker Oats is that in parts of the country where oatmeal is regarded more as a luxury than as a staple article of diet, it is packed in sealed cases and placed in warm and dry cupboards. In this way Quaker Oats preserves the full flavour of the oat, and is, at the same time, free from pollution by dust and other impurities.

"KING'S PATENT COOKED OATMEAL"

A BOON TO MOTHERS & NURSES!

::

The Patent Cooked Oatmeal is prepared fine for Gruel and medium for Porridge, and is ready for use in one minute.

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CAN BE PROCURED AT ALL

Leading Chemists & Grocers

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Samples sent free on application by mentioning this book to—

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ALBION FOOD MILLS

SYCAMORE ST., LONDON, E.C.

How to Eat

1. All food (unless it is in such a state that it requires no further reduction) must be thoroughly masticated. The importance of this will be understood when it is stated that there is not a more fruitful source of dyspepsia than imperfect mastication. Therefore eat slowly, and chew the food well.

2. Do not drink large quantities of water, or any other fluid, at meal times, because the digestive juices will be so diluted as to render them almost useless. Strong alcoholic drinks are apt to stop digestion altogether. Tea should be taken at the end of a meal, and not sipped from time to time during the progress. The popular "meat-tea" is highly objectionable, because the tannin of the tea renders the meat indigestible.

3. Do not read or attempt to learn anything while eating, for mental pre-occupation interferes with digestion, and in proportion to its intensity. It is much better to engage in a lively talk or a pleasant chat over a meal.

King's Patent Cooked Oatmeal

One form of oatmeal which no nursery, sick room, or lying-in chamber can afford to dispense with is King's Patent Cooked Oatmeal, which is a preparation preserving all the nutritious qualities of the oat, but is so carefully prepared and cooked that it agrees with the most delicate invalids.

It entirely supersedes the old-fashioned method of making gruel as it is ready for use in one minute, and, being already cooked, is easily digested in whatever conditions a fine and delicate gruel is required, as in lying-in cases, acute dyspepsia, debility, influenza, common colds and enteric troubles, this preparation will act as the handy man, saving much time and trouble in the preparation, and avoiding at the same time all the gastric troubles and over-heating which the ordinary oatmeal is prone to bring about.

It is a valuable preparation for nursing mothers, invalids, and most useful for all attending the sick.

Highly

Recommended

by . .

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Mr. F. J. Paten,

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CORNER OF CONNAUGHT SQUARE, W.

DENTAL HOSPITAL TRAINING CUM CURRICULO AS RECOGNISED BY THE ROYAL COLLEGE SURGEONS.

Members

of the .

Medical Profession

and . .

West-End Patients.

The Teeth.

..... "Bid them wash their faces,
And keep their teeth clean." .....

Coriolanus, Act II., Scene 3.

The Milk Teeth

Long before a baby is born, the teeth lie hidden away in the gums, growing and developing, according to the infant's growth and development. After birth the teeth eventually find their way through the gums into the mouth. If the mother has been in good health, and the child born healthy, and nourished with due care on an appropriate diet, the process of teething is quite an easy affair. Interference with these conditions, however, checks the growth of teeth, makes them distorted, irregular, saw edged, and without the pearly appearance of healthy teeth. This condition can never be altered by powders, pills or potions, but only by appropriate food, and careful attention to health and nutrition. Those having the care of infants and young children who have to resort to the so-called teething powders, are making a confession of incompetence as infant nurses, and do not know how a child should be fed.

The Order of the Teeth

The time of the appearance of various teeth differs widely according to the health of the infant. It usually begins about the sixth or seventh month. The teeth should be carefully attended to for any disorder or affection in the milk teeth (as baby's teeth are called) as these will show in the permanent teeth which appear later in life. Delay in the appearance of the milk teeth, means stunted and disordered permanent teeth, a very frequent cause of bad health in after life. The teeth are of far more importance in regulating digestion and general health than most people are inclined to credit.

There are great variations as to the time and order of appearance of the milk teeth; the following table shows the usual order and age for the appearance of the milk teeth: —

Age in Months.	
7 ...	2 lower middle front teeth.
8 ...	2 upper ,, ,, ,,
10 ...	2 lower side front teeth.
12 ...	2 upper ,, ,, ,,
14 ...	2 lower first double teeth.
16 ...	2 upper ,, ,, ,,
18 ...	2 lower eye teeth.
20 ...	2 upper ,, ,,
22 ...	2 lower second double teeth.
24 ...	2 upper ,, ,, ,,

The first teeth to appear are the central incisors, the lower of which comes through at the sixth month and the upper at the seventh month. Then follow the lateral incisors, the upper one being first this time, and appearing at the ninth month, the lower one at the tenth month. Then a space is missed on each side of each jaw for the eye teeth, an ingenious device of nature to allow for the further development of the jaw. The third teeth to appear are the first molars or grinders, or back teeth as they are called, which come when the infant is a twelvemonth old. Then at eighteen months the eye teeth come through the gums in front of them, and fill up the space already left to receive them. The second back teeth appear during the second year of life, though often not till much later. A complete set of baby's teeth number twenty—each half of each jaw carrying five teeth.

The Permanent Teeth

These appear usually in the following order:—

First Molars	at 6 years.
Second ,, ...	at 12 years.
Third Molars or Wisdom Teeth ...	at 18, 25, or later.
Central Incisors—Lower Jaw	at 7 years.
,, ,, Upper Jaw	at 8 years.
Lateral ,, ...	at 9 years.
First Bicuspid	at 10 years.
Second ,, ...	at 11 years.
Canines or Eye Teeth	at 13 years.

The eye teeth come in last, except the wisdom tooth, which, however, sometimes does not appear at all. The permanent set has eight in each half of each jaw (thirty-two in all).

The Care of the Teeth

I notice that the League for Physical Education and Improvement has laid down the following very useful points regarding the care of the teeth. (1) Clean teeth seldom decay. (2) Decayed teeth cause much suffering to health. (3) Food left in the teeth causes decay. (4) Clean all the teeth thoroughly inside and out before going to bed, and again in the morning. (5) Unclean teeth decay chiefly at night. (6) Use a small tooth brush with soap or chalk powder. (7) Keep the tooth brush perfectly clean, and do not use a brush belonging to anyone else. (8) Eat your food slowly and thoroughly. (9) All decayed teeth should be stopped by a dentist or promptly removed.

Mouth Washes and Dentifrices

To disinfect the mouth after thorough cleansing of the teeth, use a small quantity of solution of Permanganate of Potash to rinse, gargle the mouth and throat each morning and night. For serious conditions of disease, other disinfectants are required, such as diluted Carbolic Acid, Sanitas or Formalin, according to the requirements. Most dentifrices are made from prepared chalk. One of the best is a soapy preparation made up after the following formula : Prepared Chalk 1 ounce, Powdered Spanish Soap 4 drams, Powdered Iris 2 drams, Essence of Pimento 5 minims, Bi-carbonate of Soda 2 drams, Lysol 2 minims, Oil of Carraway 5 minims, and Saccharine 2 grains. This should be mixed thoroughly and pressed into a tablet. For smokers with black teeth, a dram of powdered cuttlefish bone is added to clear off the residue of the smoke. One of the best of the numerous dentifrices that I am acquainted with is Edward Cook's Hygienic Tooth Soap. The tooth brush should be carefully cleansed in a solution of boracic acid and put away every time it is used.

Costs me a penny a week!

Baths and Toilet Information

Baby's First Bath

When an infant is born it is usual for the nurse to examine for malformations or injuries, and to pay attention to its eyes by cleansing the lids and placing two or three drops of a 2 per cent. solution of nitrate of silver in the eyes. The body is cleansed by rubbing all over with some sweet oil, and washing in a bath, the temperature of which should be about 100° F. This should be verified by the use of a thermometer, as it is impossible to gauge the temperature without it, and consequently the bath might be too hot and injure the baby's skin, or too cold and cause a chill. Special care should be exercised in the choice of soaps. Never use strong or scented soaps, they cause the skin to inflame and crack. Pears' unscented soap is excellent and can be safely used for the delicate skin of a baby. Never fail to thoroughly dry the child, and the use of a good powder will prevent chafing and irritation. The daily bath for the first six months should be given at a temperature of 98° F., to be subsequently reduced to 95° F., and by the end of the first year to 90° F. If the infant is weakly, turns pale and becomes blue about the lips, discontinue the tub and substitute washing.

The Value of Baths

Healthy babies must have healthy skins. A great proportion of the poisonous products of the body are thrown off by the healthy skin, and on the other hand, there is no doubt that some diseases gain entrance to the body through the skin.

I have long felt that diseases like rheumatism and gout, for example, which receive so great benefit by acting on the skin with baths of various kinds, but eminently so with brine baths, as for instance those at Droitwich, gain

Protects from Infection

"is suited to the most sensitive skins, *even of babies from birth,* and is

An Ideal Soap for Nursery Use"

"The Medical Press."

4d. per Tablet.

entrance to the body through the skin, or that the toxines which cause the gouty and rheumatic pain deposits in joints are due in some way to a perverted action of the skin. This perverted action it appears is reduced to a minimum by the action of the strong brine bath on the skin, or in the case of arthritic joints by disinfecting all round the area with iodine.

Hence the great urgency of attending to the bath, or keeping up the action of the skin in a healthy and constant manner. It is of the first importance that this should be done early, and the child habituated and trained to its bath from babyhood upwards.

The choice of the soap for the bath is a matter also of supreme importance, and the old fashioned Tar Soap has held its own as a luxury for the bath, and as the special nursery soap both in health and disease.

In certain ailments where the skin is greatly affected, as in Scarlet Fever, Measles and Chicken Pox, so common nowadays, nothing is more grateful to, or so quickly helps the skin to recover its healthy action and comfortable feeling as Coal Tar Soap. It allays irritation and itching and, at the same time, acts as a comfortable disinfectant.

Similarly in chronic skin diseases, with which many babies are affected, where slight stimulation is required to produce the healing effect, this soap will be found of great value.

Medicated Baths

Carbonate of soda, $\frac{1}{4}$ ounce to the gallon, gives an Alkaline Bath ; Bran, two ounces to the gallon, mixed with a small quantity of boiling water and added to the bath, makes a Bran Bath. The Sulphur Bath can be prepared by adding sulphurated potash $\frac{1}{4}$ ounce to the gallon of water. To make a Mustard Bath, water is to be used as hot as possible, taking care not to scald, and half an ounce of mustard thrown into each gallon.

HOME FROM MARCEL'S

"Beautiful as Sweet and Young as Beautiful and Soft and Innocent as Gay"

The Secret of Wavy, Flowing, Glossy Hair, Fragrant with Nature's Perfume — is the new "MARCEL'S Permanent" way.

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Every head of hair waved is guaranteed, which means that when shampooed with soap and water the waves must remain. Marcel's have the Experience, the Equipment, combined with Science and Art, to assure the best possible results always

The Care of the Hair

Hair plays an important part in appearance, and the want of it—especially in the male—who is unable to subsidise it as easily as the other sex, is becoming more of an anxiety than previously.

Baldness is any condition of thinning of the hair which allows the skin underneath to be seen. It may be partial or complete, gradual or sudden, as in the case of a healthy young lad, who was thrown from a swing, and although at the time apparently not hurt, left all his hair on his pillow on getting up the next morning.

A common cause of loss of hair is the excessive secretion of the scalp, with resulting formation of yellow crusts. This causes the hair to become lanky and matted. Tea, coffee, whisky, and the excessive use of tobacco should be avoided, together with all greasy applications. A good lotion for this condition is a 5 % solution of Lysol.

Dryness and loss of lustre in the hair on the other hand, demands a diet consisting largely of butter and cream, a free use of cod liver oil, and antiseptic ointments.

There are many other causes which produce baldness, either in whole or in part, the treatment of which must be based on the general health of the patient.

Numbers of people go about hatless with a view of encouraging and preserving the growth and beauty of the hair, and so long as they can wander through parks free from dust in open fresh air, with little exposure to the sun, there seems to be no objection to their cult ; but in dusty streets and dusty country roads, with a glaring sun above them, the hatless brigade will suffer more than they gain.

Dusting Powders

The tender skin of the infant requires to be thoroughlv dried after the bath, otherwise it will crack and bleed. If rubbed too strenuously with the towel the delicate skin will

"ROBIN" STARCH

as a TOILET POWDER

It should be generally known that 'Robin' Starch in addition to being unsurpassed for ordinary starching and glazing purposes is a hygienic Toilet Powder which may be used without fear on the most delicate skin. It possesses valuable antiseptic properties, is soothing and healing, absorbs moisture, and is safer for use on infants than cheap Fuller's Earth which has been known to produce fatal results.

MADE BY

RECKITT & SONS, LTD.

MANUFACTURERS OF THE CELEBRATED RECKITT'S BLUE.

be injured. To avoid this, mothers use "Sanitary powders" composed of finely levigated starch and some other powders delicately scented, mostly with oil of roses. This has the effect of drying the skin and keeping it from cracking.

Face Powders.

Other powders are applied to the face, merely for the purposes of complexion. These also contain starches very delicately ground and mixed probably with some fine boracic powder, one of the best being the "Sanitary Rose Powder" made by Woolley of Manchester. It is often observed that at the seaside these powders have not the same action in producing the delicate surface which they do inland. The reason of this is that the action of ozone, so plentiful at the seaside, turns the grains of starch blue. The bluish complexion of the seaside lady is not alone caused by the bracing sea breeze, but by the action of the ozone on the granules of the starchy complexion powder which are thereby turned a delicate blue.

Chilblains

Many persons even in the warmest Summer day have perpetually cold feet or cold hands; as soon as the weather becomes colder they get chilblains. This is not simply a local disease, but is constitutional. Sometimes it is slight, at other times assumes severe proportions. It has been noticed that a deficiency of sugar in the diet causes the chilblains to be more severe and it has been further suggested that lime salts in an appropriate form should be administered constitutionally. The fatty foods, cod liver oil, olive oil, cream and maltine preparations are of great advantage. The treatment locally is much the same as for hot feet—washing with nice soap and water, drying in a spirit lotion and powdering. If the chilblain is actually formed, soap liniment and belladonna liniment, painted on, will give relief. Sometimes ichthyol and rosewater is better—one dram to the ounce. If patients are in bed ointments are best. If they get about lotions should be used.

"MOSANA" Sanitary Towels

PATENTED

Copy of unsolicited Testimonial:

"Kindly send 4 dozen "Mosana" Towels, I like them better than any others I have tried."

¶ Possess greater advantages and are far superior to any other. They are **exceptionally** soft, **unequalled** for quality and comfort in wear. Scientifically constructed, hygienic, antiseptic, the most absorbent and economical, and specially recommended for outdoor pursuits.

CAUTION—Ask for the "Mosana"—and refuse substitutes

In gold packets containing 1 dozen, **6d., 1/-, 1/6, 2/-** and **3/-**
Compressed Towels, full size, each in gold packet, per dozen, **1/-, 1/6** and **2/-.**

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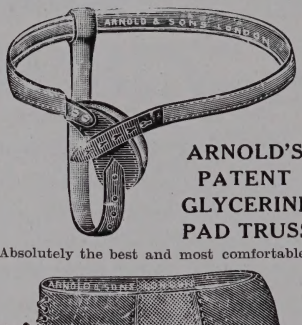

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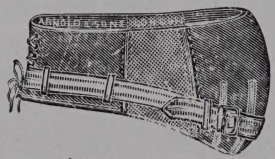

LADIES' AND GENTLEMEN'S BELTS of all Descriptions.

Experienced Male and Female Assistants always in attendance, and if required, can be sent to any part of the United Kingdom.

ELASTIC STOCKINGS, KNEE-CAPS, ANKLETS and THIGH-PIECES in all qualities of Cotton or Silk.

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Mosana Sanitary Towel.

Some of the so-called Sanitary Towels are, as a rule, only so in name. They are neither clean nor comfortable.

The Mosana Sanitary Towel is designed to prevent irritation and discomfort, to absorb moisture, and to protect the underwear. It is composed of a combination of wool and an outer covering which preserves the good qualities of the padding. It is exceptionally soft and most comfortable in wear, making friction and inflammation impossible, and is so designed as to prevent shrinking, stiffening and hardening, and all unpleasant consequences for the wearer.

Portable Medicine Cases.

The private medicine chest is a study, and many are shy to shew its contents on account of misgivings on the aptness of their selections. Some are selected from fancy or from friendly advice, or from the domestic conviction that what is good on the Clyde is good on the Congo. Others contain the special packet of the rich patent medicine vendor, whose great virtue lies in his advertising power, and whose gains are a measure of public credulity. In travelling, however, this secret chest affords great consolation, and it frequently happens that on shipboard, with land out of sight, the passenger retires "feeling queer," and proceeds to operate upon himself as physician, pharmaceutical chemist, and patient at one and the same time, a course which in the long run brings him to the ship's doctor. Travellers should have a supply of drugs carefully selected for their curative or preventive power. There is in this country no excuse for subjecting the stomach to knobs of medicine in solid squares and ovals, so-called compressed drugs. Liquid drugs are best for the stomach, and can be supplied in cheap, substantial and portable cases. Some suitable drugs will at once suggest themselves. The traveller and holiday maker should provide himself with some aperient, rhubarb or calomel, or some pill containing these.

Are YOU looking after YOUR Children's Feet as you should?

So much depends upon it—
health, temper, energy and comfort.

EASY BOOTS
mean
GOOD TEMPER
GOOD TEMPER
means
GOOD HEALTH

If you value the
health and com ort
of your children
let them wear—

HALL & SONS' Sandal-Form Footwear

which is hygienic in every sense of the word. The material is of the best, and the shape allows the toes to lie in comfort.

They are recommended by all hygienic and foot specialists.

For Health: The body cannot be well if the feet are cramped.

For Comfort: The feet are cooler and easier, therefore children are less tired and less tiresome.

For Appearance: The feet being free the body is carried more gracefully.

In Brown and Black Leather, best quality, Children's Shoes. size 4, **6/11**; rising 3d. per size to size 1. Boots 1/- extra.

Cheaper quality, size 6, **5/-**; rising 3d. per size to size 1. Boots 1/- extra.

"SANDAL-FORM" SHAPES also stocked in Ladies' and Gentlemen's sizes. Samples sent for inspection, post free, on mentioning this book. Send outline of foot standing. Write for Illustrated Catalogue.

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The Toe Nails

For ingrowing toe nails and corns much that is necessary can be obtained by properly fitting shoes or boots. These need not be in any way hideous or unsightly. All that is required is proper freedom of the foot and sufficient width across the toe.

Accurate Footwear

The welfare of children is best studied when we assist instead of retard their natural growth. This is particularly true in that branch of the subject concerning the care of their feet. The old ideal of a small foot is slowly but surely being replaced by that of a healthy, natural shape foot, and this can only be secured by giving the toes the greatest possible freedom and exercise.

Sandals and sandal-form footwear do this to perfection, and the result is comfort to the children, satisfaction to their parents, and a very real economy.

Look to the children's feet now and they will not desire to hide them in later years because of bunions, corns and misshapen toes, but will always remember with gratitude that you gave them the advantage of hygienic footwear.

There are firms who devote special attention to the preparation of adequate footwear and who probably do more by prevention than all medical powders can do in the way of cure.

Tender Feet

Many persons have the skin of the feet absolutely normal until after walking a certain distance, when the feet become hot, irritable and tender, red, swollen and blistered. The application of certain powders give the greatest possible comfort in some cases. The powders are divided into three groups, soluble, insoluble and mixed. Among soluble powders the best known is Boracic acid very finely triturated. This will be found most useful for stocking dusting. Among insoluble powders the commonest is Oxide of Zinc but probably the best form of powder is the mixed—soluble and

Old Friends Are Best

was never more truly said than of

THE ROYAL PRIMROSE SOAP

IN BARS. For Household and Laundry Purposes.

IN TABLETS. For Bath and Toilet Use.

Mildness and purity are the prominent features of this Soap. It contains no free alkali and it is so carefully made that it can be used with comfort and safety on the most delicate skins

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SOLE MANUFACTURERS:

JOHN KNIGHT, LTD.

: Soap Makers to :
H.M. King George V.

:: LONDON, E.

insoluble together. One used to a large extent in European armies to prevent tender and sore feet consists of a mixture of Salicylic acid, Boracic acid and French chalk, prepared with the utmost fineness and well dusted into the stocking. Another powder is prepared from Salicylic acid, Oleate of Zinc and Talc. This properly mixed makes a soapy-like powder exceedingly pleasant to the skin. The boracic acid is soluble in sweat, the chalk and zinc are not soluble, and assist in rendering the skin soft and comfortable and in removing the heat and redness. A useful lotion for the feet consists of equal parts of spirit of wine and hamamelis.

The Action of Soap

The feet should be first thoroughly washed with good soap—ichthyol superfatted soap is the best—in tepid water morning and night, thoroughly dried, then bathed in the spirit lotion and the powder applied inside the sock. In purchasing soap, it is advisable to select such as are manufactured by firms with a reputation for making high grade soaps. A pure and carefully made soap is far more desirable for personal use than the highly colored milled toilet soaps containing pigments and artificial or synthetic scents, which often produce a most noticeable irritation to the skin. If one desires to use a toilet soap they should take care to select only such soaps as are manufactured by firms who may be relied upon to supply genuine articles of luxury ; such firms only use natural essential oils as distilled from flowers, to give fragrance. The old fashioned " Primrose Soap " so much in vogue at the present day, is a naturally made soap in which no coloring matter to cause irritation is used, nor is there any trace of free alkali (caustic soda) which chemical has a very injurious effect on a delicate skin. Medical men whose duty it is to train nurses in our London hospitals during their midwifery courses, instruct their students to use this soap for infants and patients under their care.

"MATERNO" Patent No. 6-91-1911

For MATERNITY and NURSING

Unrivalled for Invalids

Main ains perfect figure throughout

MATERNO:

TYPE 1	Fine White Coutil -	**14/11**
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The DRESS REFORM CORSET

For the Athlete, Gymnast, Lady Gardener, Cyclist Golfer and all Sports

A Speciality for Invalids and Surgical Cases

Best Washable Material - - **8/11**

"PETITE"

For Girls from 10 to 13 years

Made in White and French-Grey Batiste, trimmed fine Swiss Embroidery. Fitted with Rubber-grip Suspenders

Price **3/11**

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For Girls from 12 to 16 year

Made in White and French-grey Batiste, trimmed Swiss Embroidery Fitted with Rubber-grip Suspenders

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ALL CORSETS ARE RUSTPROOF THROUGHOUT

SEE THAT TRADE MARK EMPIRE G D IS STAMPED IN FULL ON EACH CORSET

Of all leading Drapers and Ladies' Outfitters, or write for Booklet and address of nearest agent to the Manufacturers—

H. DELAFON & CO. 88 NEWMAN ST. LONDON

The Corset.

No illustration of the human form divine encased in anything resembling the comparatively modern corset is found on any of the ancient sculptures. From India to Peru, the encasement of the trunk or of the limbs seems to have been regarded by ancient or barbarous nations as a form of punishment for misdeeds. In China alone was the encasement and contraction of the foot regarded as a symbol of elegance and good breeding.

The first indication of the modern corset dates back from the swaddling clothes used for Eastern babies, and still used in many countries for the newly born. In the middle ages, whether for purposes of defence against the arrows and spears of enemies, corsets came to be worn as close fitting body garments.

This utilitarian aspect of the corset soon gave way to comfort and elegance and softness of materials, and the corset came to be used simply and solely to give support and shape, and the easy grace of form, and stiffness of movement, to ladies of a bygone age.

In the time of Louis XIV and XV, corsets were worn with beautiful long dresses, and anyone who looks at the statue of Queen Elizabeth in front of St. Paul's will see what the corset meant in those days.

The modern corset is something quite different, not only is it made of the softest and most pliable materials, and fitted with the greatest accuracy to the body, but in almost all conditions of shape and form, whether produced naturally, or by disease or accident, the modern corset can be perfectly adapted to each particular case. It gives grace and elegance to the figure. Corsets should be dainty, light and flexible, and so constructed as to give stability and support.

The greatest comfort is obtained by weak people from the support they derive from a properly fitted corset.

Mother and Child

—as well as the father—will be safe-guarded against chill in all weathers, and obtain the maximum comfort, if they wear the celebrated

JAY —all wool— unshrinkable UNDERWEAR

This certificate is a guarantee of its value and reliability

"I have examined the garments of 'Jay Finish Unshrinkable Underwear' submitted to me, and certify their hygienic properties to be unimpaired by the finishing process, and that they are free from poisonous bodies and from any substance which could act as a skin irritant.

(Signed) WALTER M. GARDNER, F.C.S.
"Director of Department of Chemistry and Dyeing,
Bradford Municipal Technical College."

Jay Underwear is made in all weights and sizes, will not shrink, and fits the figure perfectly. All wearing parts are strengthened, and each garment bears, for the protection of the purchaser, this trade mark

[Steele's]

Hints on Clothing

"The Spring, the Summer,
The childing Autumn, angry Winter, change
Their wonted liveries."
Midsummer Night's Dream, Act 2, Scene I.

CLOTHES serve the purpose of giving individuality, distinction and social polity, and a sense of security and pleasurable heat. Infinite indeed are the materials which have been used for personal adornment in the shape of clothing. Sheepskins, Chinese silks, leather breeches, Celtic philibegs, and all sorts of forms, from the aprons of Eden to the Coronation Gown.

Clothes serve for decorative purposes and personal adornment, and when properly made lend a grace and charm and dignity which add more than a ninth part to man and woman.

There is an added personal dignity in the wearing of suitable clothing. Clothes should be adapted to the Season and be light and unoppressive, easily ventilated, and so arranged as not to impede in any way any of the functions of the organs of the body, or to hamper its free and graceful movements.

In warm weather clothes should be loose as well as light. There is nothing so enfeebling or so likely to cause heat stroke and cardiac debility through over-heating than heavy, close-fitting garments during hot weather.

In hot weather dress should be loose to ensure free circulation of air. It should be made of absorbent material to prevent rapid evaporation and the production of chill. Wool does this better than any other material. Flannel tends to irritate the skin unless it is of an extremely thin, light and thoroughly ventilated nature. For those who cannot wear wool or flannel, silk is a good substitute.

Awarded the Certificate of The Incorporated Institute of Hygiene.

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Horrockses'

LONG CLOTHS

Nainsooks, Cambrics
Madapolams.

See Horrockses' name on selvedge.

FLANNELETTES

of the
Highest Quality

See Horrockses' name on selvedge.

SHEETINGS

Ready-Made Sheets (plain and hemstitched)

See Horrockses' name on each sheet.

Ask for the New "IDEAL FABRIC."

See the words "HORROCKSES' IDEAL" on the selvedge

Sleep and its Disorders

An infant requires and should have abundance of sleep. If it is sleepless, it is either dyspeptic, or wet and uncomfortable, or hungry. The child should sleep the whole night through, and always during the day, after meals. There should be no disturbance in the room, no sudden bursting open of doors or loud talk. A baby should always be awakened gently. Particular care should be taken not to allow cats near the sleeping baby. Many fatalities have been caused by neglect of this. Protective nets are used in good nurseries to prevent cats from overlaying babies. At a year old, baby should sleep from 6-30 p.m. until 10 p.m., then from 10 p.m. till 7 in the morning, and should have a mid-day nap of two hours, from 11 to 1, or 12 to 2. Children are good sleepers if they are healthy.

Night Terrors

If a child is terrified by bloodcurdling stories, or compelled to go to bed in the dark, it is apt to wake up in the night in a state of extreme fright, may have hallucinations, may not know its relatives, and may be bathed in perspiration – the whole appearance of the child being indicative of extreme terror. In the course of time the child regains consciousness and falls asleep. This condition is also brought about by errors of diet and trouble with the stomach or bowels.

Sleep Walking

This is more common in girls than in boys; it is usually an indication of some hysterical condition coming on later. Hysteria occurs in both sexes in nervous anæmic children. It is unusual under six years of age.

The Bed

A child's bed should consist of just a simple mattress, two small sheets, a blanket, a light eiderdown and a small hair bolster. Protect the cot from draughts by a small curtain properly arranged. The bed should be kept dry. In many children, especially those of a nervous temperament and suffering from anæmia and bad feeding, the bed will always be more or less wet. Others again get this troublesome affliction from disease, such as worms, stone, nervousness of the bladder, or weakening of spine or some other trouble. There is no routine method of treating this disease; each case has to be dealt with as it arises. The troublesome condition usually passes off at puberty (15 to 16 years).

Head Banging

Many infants and young children suffer from involuntary nodding or shaking of the head, or even banging the head upon the pillow, especially at night-time. These are mostly rickety children. The ear, the nose, the mouth, should be carefully examined in such cases.

Convulsions.

These arise either from irritation of the digestion, or from some trouble in the ear, eye, or elsewhere, especially if occurring during the first three years of life. After that, convulsions may be due to actual disease. Rickety, dyspeptic children are specially prone to them. Teething causes them. They may occur on one side only or on both sides. They should be treated by a medical man as soon as possible for fear of rupture of a blood-vessel in the brain, and consequent death.

The true standard of equality is seated in the mind;
those who think nobly are noble ... ... *Bickerstoff.*

Whatever is worth doing at all, is worth doing well *Chesterfield.*

Diet and Disease

FOOD has to be specially well-cooked for invalids and sick persons. In certain diseases some foods are entirely forbidden, while others are recommended.

In Anæmia

FORBID:—Vinegar, pickles, hashes, pork, veal, savouries and spices.

GIVE:—Minced steak, all kinds of meat and vegetables, plenty of salt, plenty of fluids. Feed often. Tea made with milk instead of water, half an hour before rising.

Diarrhœa

FORBID:—Foods that leave residue in bowel, *e.g.*, green vegetables, acid fruits, nuts, potatoes, hard foods, hard meats—specially veal and pork. Fermented liquors, wines, beers, hot soups or essences.

GIVE:—Distilled liquors—brandy, whisky—plain or diluted, egg flip, soups slightly thickened with arrowroot, tapioca to which possibly a little brandy has been added; raw meat—pounded or scraped; plain biscuits and gruels. Give food in small quantities frequently and cold.

Gout

FORBID:—Hashes, made dishes, beef, pork or veal; all dried, smoked or pickled foods; strong soups, acid fruits like rhubarb, gooseberries, currants, strawberries; fatty fishes; shell fish; malt liquors; wines like Champagne, Burgundy, Sherry and Madeira.

GIVE:—Fresh vegetables, white fish, eggs, light meats, light starchy puddings, fresh fruit ripe, salads, celery, potatoes, skimmed milk, milk and soda, lime juice, tea, coffee, cocoa, whisky or brandy, unsweetened gin, claret in

small quantities and well diluted with plain or mineral water, butter and cheese. Fluids should be abundant, solid foods moderate in quantity, vegetable diet liberal.

Vegetables in Gout

Vegetables are an extremely important accessory to the diet of the gouty. Two vegetables may be taken at both lunch and dinner. Those that prove most beneficial to gouty subjects are spinach, Brussels sprouts, French beans, winter cabbage, Savoy cabbage, turnip tops, turnips and celery. Potatoes may also be taken in moderate quantities. Stewed fruits or baked apples or pears may be taken every day at one meal. Green vegetables as salads may be taken —but oily dressings should be avoided. Any fruit which from experience is known to agree with the individual may be taken by gouty subjects. Apples and oranges generally agree best. Uncooked fruits should never be taken at a meat meal. These are best taken fasting and fairly early in the day, say between breakfast and lunch. Except in those cases in which the individual is prone to be affected by the strawberry fruit, there is no reason why the gouty should not eat strawberries. They constitute a good article of diet for the gouty on account of their delicious flavour, their anti-scorbutic properties and their richness in potassium salts. It is, however, very necessary that they should be taken ripe and fresh, as, when decomposition sets in, instead of being beneficial they become harmful by assisting in the development of intestinal fermentation so inimical to the gouty.

Constipation

FORBID :—Milk in all forms, eggs, rice and starchy foods generally, potatoes, peas, broad beans, and all astringent fluids, like brandy, port wine, alcohol of any kind and Burgundy.

GIVE :—Clear soup, Bovril, Oxo, fish, poultry and game, toast and butter, oatmeal porridge, all sorts of vegetables, salads with oil, onions, stewed apples, prunes, pears, seedy fruits, strawberries, gooseberries, currants. Fluids :—weak

tea, beer, mineral waters such as Vichy and Carlsbad. Two-and-a-half to three pints of fluid daily. Most ladies err by forgetting the necessity for having plenty of fluids.

Dyspepsia

FORBID :—All newly cooked breads, scones, buns, muffins, crumpets, pastries and sweets ; all stringy meats, all stony fruit, all skins and all bones, "No strings, no bones ; No skins, no stones." Sour fruits, meat teas, effervescing fluids, coffee and chocolate.

GIVE :—Clear soup, light fish boiled, pigeon, pheasant, partridge, chicken, capon, roast meat, lamb and mutton, ham well-grilled, toasted or boiled, brains, calf's head, calf's feet, tripe and sweetbread, stringy vegetables like celery, French beans, cabbage, broccoli, should be used experimentally and with care—so with spinach and potatoes. Fluids like tea, coffee, cocoa, must be carefully prepared, and of the best quality. Stimulants are sometimes very essential. Their use depends upon the nature of the dyspepsia, and the doctor should order the correct quality and quantity. Food for the dyspeptic should be of an appetising and inviting nature, to be eaten slowly and well chewed. Teeth should be good. Strong tobacco should not be smoked.

Rheumatism

FORBID :—All uric acid forming foods ; beef teas ; meat extracts ; puddings and pies ; sweetmeats.

GIVE :—During the acute attack, bland liquid foods, milk (see the different preparations), Benger's, Neave's or Ridge's Foods, barley water made from Robinson's Patent Barley, oatmeal gruel and Scotch oats, jellies, tea, iced milk and soda. All these are appropriate when the joints are inflamed.

When the fever is down, solids may be introduced in the form of light puddings, light soups, chicken and fish.

At the end of the first fortnight, so as to prevent a repetition of the joint inflammation, only use moderately, white boiled fish, pigeon, brains, calf's head, chicken, lean

mutton, veal properly cooked. No fats, except butter, no lumpy foods or vegetables, celery stewed, potatoes mashed, spinach pounded up, seakale well boiled and softened, salsify. The fruits which prove agreeable are peaches, apples, pears, all fresh if possible.

Fevers in General

At the onset, all fevers are treated very much alike. Only fluids should be used—chiefly milk—every two hours (see notes on preparation of milk), Neave's health diet, arrowroot, cornflour. These may be varied by using beef teas, chicken teas, mutton and veal broth strained, chicken broth, egg water (whites of two eggs with half-pint of water, sugar, lemon and ice added). Stimulants as required by the circumstances of the case.

Obesity

Fat people should not take foods containing much oil, or eat oily fish like salmon, eels, mackerel, herrings and sardines in oil. They should avoid oily fowls—for instance ducks and geese, ptarmigan or blackcock. Only small quantities of rich vegetables, such as peas, beans, parsnips, carrots, beetroot, and generally they should abstain from articles containing much starch, as it becomes converted into sugar in the process of digestion. All fermented liquors must be avoided, like ales, beers and stouts, alcoholic wines like port, sherry and Madeira, or sugary wines like champagne and syrupy liqueurs.

GIVE :—Thin clear soups and broths (thin—not thickened). No rice or barley in the soup, fish, poultry, red meat, game, eggs, green vegetables, junket, custard, bread and butter, tea or coffee. The best wines are hock, chablis and claret, but not sour. Whisky or brandy may be taken in moderate doses with or without natural mineral waters. Plain water is frequently the best fluid in cases of obesity.

Work without hope draws nectar in a sieve, and hope without an object cannot live ... ... *Coleridge.*

Ailments of Infants and Young Children

Adenoids

Adenoid growths at the back of the throat are often mistaken for a chronic cold in the head. There is inability to blow the nose properly and the child coughs at night. Adenoids set up earache, hoarseness of the voice, inability to breathe at night, false croup, and in older children asthma and wetting of the bed. If they are not removed they cause general diseases and frequently bring on consumption.

Boils

This condition is due to some infection of the skin; it may be from the head, ear, or from other sources. Crusts should be removed by carbolic oil 1 in 40. Metallic ointment should be applied, that is, Zinc ointment diluted, Nitrate of Mercury Ointment, and glycerine of Sub-acetate of Lead, in equal parts. Change the clothing frequently and disinfect it.

Crowing Breathing

Sometimes a spasm catches the back of the throat (Glottis). It may be set up by Adenoids or stomach troubles, or rickets, or by a drop of food or water going the wrong way. The tongue should be pulled forward, artificial respiration begun, and everything done to promote entrance of air into the chest. It may be necessary to put a tube into the larynx or to open the larynx.

Croup (false)

This comes on at night, child has difficulty of breathing; it may last for two or three days; it is due to catarrh of the larynx, is often set up by enlarged tonsils and adenoids.

DINNEFORD'S

MAGNESIA

Safest and most gentle Medicine for INFANTS, CHILDREN Delicate females and the Sickness of pregnancy

¶ The universal remedy for acidity of the stomach, Headache, Heartburn, Indigestion, Sour Eructations Bilious affections.

IMPORTANT NOTICE

In consequence of numerous imitations, purchasers must see the name "DINNEFORD'S" on every bottle and label.

Croup (true)

Inflammation of the larynx, causing a rough voice brassy cough, also noisy breathing; a very formidable complaint, and requires urgent treatment. Steam inhalations are very useful. Antitoxin should be given. Paleness of the face, pronounced loss of strength and exhaustion, rising temperature, increasing difficulty of breathing are urgent signs for surgical interference. Don't delay.

Ears

Keep careful watch over the ears of all infants and children suffering from acute fever, measles, scarlet fever and the like. If deafness occurs before the age of six, the child is likely to become dumb. Timely treatment may prevent many a blighted future.

Headache

Children do not complain without a cause; headache is caused by some organic disease, indigestion, anæmia, hysteria, kidney diseases, the onset of fevers, may be due to defective eyesight, or may be hereditary. To treat it the cause must be found.

Itch

This disease is caused by a burrowing insect, the female digs its way under the softest parts of the skin, tunnels through the dermis and lays about 50 eggs. At the point of entry a little watery pimple makes its appearance. Great irritation causes scratching, the scratches become infected, red and angry, and the condition causes great distress. The disease is contagious, but the contact must be a prolonged one. Except in suckling infants, it never attacks the head or face. It is cured in the following way:— Give a hot bath at night, and well wash the body with soap before the fire so that the child will be comfortable. Well rub in a mixture of equal parts of sulphur

and metallic ointments over the trunk and limbs. Place the child in clean clothes and clean bed. The ointment is washed off in the morning, and the skin is powdered with equal parts of oxide of zinc, boracic acid and starch powder. This treatment should be repeated every night for a week in succession. The infected clothes ought to be boiled, those that cannot be washed ought to be placed in superheated steam.

Pediculosis

This is an infection of the head by vermin. Scabs at the back of the head suggest lice. They may not be discovered except through the nits. To remove crusts, soften with carbolic oil 1 in 40. Ammoniated mercury should be applied, 20 grains to the ounce of vaseline for several days. The nits are glued on to the hair shafts, and can only be removed by the use of toilet vinegar or very diluted acetic acid. A tablespoonful of aromatic vinegar in a pint or a pint and a half of water, should be used as a hair-wash till all nits are removed, and it has no longer become necessary to use a small tooth comb.

Rickets

This is a disease producing softening of the bones so that they are easily bent and deformed, and their ends become enlarged. This is especially characteristic at the end of the ribs, which stick out in round lumps over the front of the chest like a row of beads on each side of the breast-bone. Rickets does not begin before six months, its earliest indications are, restlessness at night, sweating of the head, constipation, and this beading of the ribs. It brings with it weakness and flabbiness of the muscles, a tendency to convulsions, bronchitis and other lung troubles, and the infantile "pot-belly." It is caused by bad feeding, prolonged suckling on the part of the mother, and poverty of surroundings. The treatment for it is to remedy the diet, and to bring every means to bear on the child's

general health. It comes on usually between 6 and 16 months. Cod Liver Oil in the form of Scott's Emulsion is highly beneficial in preventing and curing the condition.

Ringworm

This is caused by a vegetable parasite. It affects the scalp, the beard, the body, the nails. Ringworm of the scalp is always peculiar to childhood. Incubation period, a fortnight. Begins like a small red papule, sometimes a little scaly spot, this spreads into a round or oval slightly raised patch. It becomes studded with stumps of broken hairs. The hairs have a frosted appearance, become twisted and crumpled like cornstalks beaten down by rain, and loose. In treating this, the hair must be kept short (shaved). Scalp washed with soft soap and water three times a week, five per cent. of Oleate of Mercury Ointment, made up with lanoline and olive oil, for ten minutes thrice daily. Ringworm could be stamped out if every case were properly isolated.

Thrush

This arises from dirty and unsuitable storage of milk in unclean vessels, and in neglect of the toilet of the infant's mouth after feeding. When it has developed, the patches should be touched several times a day with borax and honey, or with a saturated solution of boric acid.

Tetany

This is a fit affecting the muscles causing them to become stiff and contracted. The arms are stiff across the chest, the child breathes with difficulty, legs and feet stiff, the jaws tightly closed. The muscles of the face are particularly sensitive and twitch if a finger is drawn across them from top to bottom. The cause is stomach troubles, infectious diseases and worms; the treatment depends upon the cause. This should not be confounded with lockjaw (tetanus) in which you get the lower jaw and lips tightly closed, the body bent backwards, face blue.

Difficulty of suckling is the first indication. Cause is filth contamination of the cord, or open wound. The cure is Tetanus Antitoxin and feeding through the nose.

Worms

If present they cause nervousness, dyspepsia and other troubles. Thread worms produce great irritation round the buttocks, and cause emptying of the bladder. These worms inhabit the large intestine. The parts should be rubbed with ammoniated mercury ointment. A saline purgative brings the round worms within reach of the enema. Naphtholine 20 grains a day in malt extract is a useful thing, and the bowel should be washed out with an infusion of quassia night and morning. For round worms or tape worms the treatment is quite different.

Results of Over-clothing

For the young it is essential that the clothing should be light and warm, so as not to impede the circulation of the blood or breathing. Very seldom have I seen illness arise from a scantiness of clothing, but in this country, infants and young children up to five and six, and even later, have been severely handicapped, and made ill and irritable, by being overloaded with clothing. Heat stroke with its pallor and listlessness and look of distress is due frequently to nothing else than tying the child up in tight flannel clothes. I know of no torture so exasperating as a tight flannel vest in very warm weather.

Of the two evils—over-feeding and over-clothing—I think the discomfort caused by the over-clothing is greater and sillier, because its consequences can be overcome by the application of a little common sense.

Without frugality none could be rich, and with it none could be poor ... ... *Dr. Johnson.*

Virtue is like precious odours—most fragrant when they are incensed or crushed ... ... *Bacon.*

Rashes

Certain fevers are accompanied by outbreaks on the skin, called "Rashes." Each rash is different in character and appearance. It is a mistake to suppose that there is any danger from "driving in rashes." Rashes on the skin should be cured as quickly as possible in every case. The scarlet fever rash is usually a uniform blush appearing on the skin about 24 hours after the onset of the illness. Many other rashes may easily be confounded with it, indigestion rashes in children, other fevers, blood poisoning, some drugs might bring it out, rheumatic conditions, and even the use of the enema. Don't jump to conclusions.

Antitoxin Rashes

The injection of antitoxin may produce erythematous eruptions, fluid in the joints and albuminuria. A measly rash is sometimes produced by using phenacetin and antipyrine, antitoxin, salicylic acid. Children taking iodide of potassium sometimes get pimples in the face and head.

Chicken Pox (Varicelli)

The rash appears on the first day of illness, like little blister spots, as if drops of boiling water had been sprinkled over the face and body causing little blisters to rise up. These come on in successive crops, fresh ones appearing as the others die away. In small-pox this never happens. In small-pox the onset is much more severe, the poison nearly killing the child from the start.

Diphtheria

In this disease the rash is at the back of the throat; first the throat is inflamed, a white, patchy skin commences to grow over it, particularly after the fever. This is accompanied by running at the nose of a thick discharge. If

the local signs point strongly to Diphtheria, bacteriological evidence to the contrary notwithstanding, it is safe to treat it as if it were diphtheria. Use antitoxin at once, if no improvement takes place, repeat in twelve hours.

Typhoid

This hardly ever occurs in infants or children below five years. After five it is common enough. The rash appears on the belly, rose-red colored spots here and there as they come in crops. They are not numerous and have to be carefully looked for, and must not be confused with either pimples or flea bites.

Measles Rash

Measles rash comes on the fourth day of the illness; it appears on the forehead, face and eyes. It is a kind of mottling, irregular patches, not uniform as in scarlet fever, which resembles a soldier's coat or the shell of a boiled lobster. The measly rash affects the skin of the eyes, and of the mouth and throat, causing the eyes to water and the throat to become irritable, with a brassy cough; the nose also runs. The rash may be seen on the soft palate three or four days before it appears on the skin. When the rash is scanty, temperature high, with congestion of the lungs and other organs threatening, use the mustard bath, $\frac{1}{2}$ oz. to the gallon of water, 100° F. Dry quickly and roll in blankets.

Small Pox

Nearly all unvaccinated children die. The rash appears third or fourth day as the fever goes down, on forehead and face first, red-looking shotty pimples appear, watery at first like chicken pox. On the fifth day they commence to get thick, and on the eighth day they are mattery. They are infectious and contagious all through. At the onset, when the fever is high, there may be a scarlet fever looking rash, but it appears on the lower segment of the body, abdomen and thighs, whereas true scarlet fever rash invades the upper segment of the body, chest and neck first.

Nettle Rash.

A troublesome complaint in infants, usually due to bad feeding, constipation. Large itchy weals appear on the skin causing much scratching and resembling itch, with which it sometimes co-exists. The skin itches and tingles as if it has been bitten all over by ants, or stung with nettles. The itching can be relieved by taking a solution of coal tar (Wright's) $7\frac{1}{2}$ drops, diluted solution of sub-acetate of lead, a teaspoonful. Elder-flower water up to one oz. This should be dabbed on the skin; prevents scratching, soothes and heals the broken skin when necessary. Wright's Coal Tar Soap is a delightful application in this trouble. Find out in the diet what is disagreeing if possible. There is nothing special or characteristic about nettle rash in elder children. The cause is the important thing to discover. In a schoolboy for example, it may be due to tinned salmon or condensed milk surreptitiously obtained, or from contact with some caterpillar, like the " woolly bear."

Drug Rashes.

Children sometimes pick up poisonous berries which when swallowed cause skin rashes. The Belladonna berries are common enough in this country. When eaten they cause dry throat and redness of the skin. The pupil of the eye is widened.

Simple Erythema.

This redness of the skin is sometimes mistaken for scarlet fever or German measles; it is produced by any irritant, acting from within or from without, wet napkins, fat folds of the skin, mustard plaster. From within an injection may set it up, poisons from a sore throat, rheumatism or any other internal poison. This kind of skin trouble does not peel as scarlet fever or measles does.

Every man feels instinctively that all the beautiful sentiments in the world weigh less than a single lovely action ... ... *Lowell.*

Coughs and Colds

Rashes can be distinguished by the eye. Cough only by the ear. There are as many different kinds of cough as there are of rashes on the skin. Each infectious disease has its peculiar kind of cough. The scarlet fever cough is painful and throaty; the measles cough brassy and choky; the diphtheria cough due to false growth; and a cough due to adenoids and enlarged tonsils, or to nasal catarrh.

Whooping Cough (infectious.)

Incubation period 7 to 14 days. A tickling, uncontrollable dry cough, paroxysmal and convulsive in its character. The cough consists of a long outgoing series of coughs, at the end of which air enters the chest with a long noisy inspiration (the whoop). The cure in the running stage is by expectorants; in the whooping stage, sedatives and opiates are used, of which Belladonna is a prime agent. Tonics in convalescence. The throat should be sprayed and carefully guarded throughout the whole of the illness. Whooping cough is a serious disease, and should be treated as such.

Common Colds (infectious)

More severe in summer than winter; may lead to asthma, bronchitis and pneumonia. There is an increased temperature, and marked prostration. A cold should be treated seriously, especially in infants; they are prone to apex pneumonia. This may be very persistent, and may be fatal from collapse. Rest in bed, warm applications, and generous diet form the usual domestic treatment, and it is difficult to beat.

Disinfectants

ALL dead organic matter, when exposed to air at a certain temperature, undergoes changes, and putrefies (gets rotten). For example, a piece of meat goes bad sooner or later according to the weather, rapidly in warm, less quick in cold weather. Milk is the worst offender. Bad milk, meat, fish, and fowl, if eaten, produce disease and sometimes even death (ptomaine poisoning). Disinfectants and antiseptics can stop these products from going bad when properly used.

Microbes and Disease

Microbes cause acute infectious fevers—namely, whooping-cough, diphtheria, measles, scarlet-fever, mumps, small-pox, typhus, typhoid, chicken-pox. These diseases are called infectious because they infect others. This can be prevented by using disinfectants. All linen exposed to infection or contagion should be soaked in a disinfectant for at least an hour, and subsequently boiled in a copper for half an hour, the soaking removing the stains. Disinfectants must be used rationally, and not by rule of thumb. Each has its own properties and sphere of usefulness. Some are highly poisonous, others less so. Some can be used with soap, and others cannot. Corrosive Sublimate for example is for that reason inadmissable for household use. It is a powerful poison, can only be used in earthenware vessels and corrodes and destroys knives, forks, and all metallic substances.

Some Domestic Disinfectants

Cyllin (Jeyes' Sanitary Compounds Co., Ltd.) is one of the best Home Disinfectants. Mercuric Bactericide contains 5 per cent. of mercuric chloride with five volumes of peroxide of hydrogen. Formalin is a powerful disinfectant for rooms. Lysoform is a soapy solution of Formalin. It does not stain linen or other fabrics and is useful for soaking soiled

BY ROYAL WARRANTS OF APPOINTMENT

To H.M. King George V. and H M. Queen Alexandra

145 MEDALS AND OTHER AWARDS

Jeyes' Fluid

The Best, Safest and Cheapest Disinfectant in the Market.

Use **Jeyes' Fluid** Powder and Soaps daily in the Home.

JEYES' Disinfectants are indispensable in the Kitchen, Bedroom, Nursery, Bathroom, and Laundry

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Jeyes' Fluid in 6d. & 1/- bottles
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linen, and in mild solutions is a good disinfectant for the scalp and skin and for the hands in sick nursing. Carbolic Acid is in general use and is used as a standard of efficiency for all other disinfectants.

How to Use Disinfectants

Excreta :—These include the discharges from the bowel and the urine. Probably in all cases of infective diseases, excreta ought to be disinfected before being thrown down the drains—certainly they should be in the cases of typhoid fever, and many of the acute infectious fevers where they are known to contain the infective germs.

Sputum should be mixed with Cyllin (Jeyes' Fluid) in all cases. In large institutions the sputum after being mixed with sawdust is burned. This method is perhaps not very elegant, but it is most effectual. If sawdust is not used, the sputum should be received into a solution of Cyllin (Jeyes' Fluid). When the patient is not confined to bed, but is able to get about, as may frequently happen in the early stages of phthisis, the sputum should be received into pieces of lint or cotton wool, which must immediately be burned, or one of the many forms of pocket spittoons now on the market may be used, a disinfectant like Cyllin (Jeyes' Fluid) being placed in it before use.

The discharges from the mouth, nose and eyes, should be taken up in pieces of lint or rag, which are to be burned after being used. No patient suffering from any form of infective disease, should ever use an ordinary pocket handkerchief.

The skin in all cases of infectious fevers as soon as convalescence is established, requires disinfection. This may best be done by sponging the patient with a 2 per cent. solution of Cyllin (Jeyes' Fluid), or other suitable disinfectant preparation. In smallpox, special instructions for dealing with the skin are given by the medical man in charge of the case. During the peeling which follows scarlet fever and measles, the patient's skin should be anointed with some disinfecting oily material after a daily bath. Vaseline or olive oil may be used as a vehicle for the disinfectant.

Antiseptics

Are substances which prevent disease germs from growing, and so renders them harmless. Antiseptics are necessary to prevent the putrefaction of sores, and of wounds after injury. The best are Carbolic Lotion 1 in 20, Cyllin (Jeyes') 1 in 400, Perchloride of Mercury 1 in 2,000.

The objections to Mercury are: it cannot be used with soap, and instruments cannot be washed in it. Carbolic Acid if stronger than 1 in 20, will corrode the skin of the operator and patient. Cyllin (Jeyes' Fluid) is an economical and safe disinfectant for general purposes.

In using these the greatest care should be taken to see that they are not too strong to cause injury to the skin.

Popular interest has been aroused by the simplicity and beauty of Lister's experiments which have led to astounding results in surgery. The rapid and marvellous results of hospital work—abdominal operations, operations on joints, on serous cavities, on brain and nerve—undreamt of by Lister's predecessors, are undertaken with safety and certainty by the use of Lister's antiseptic methods. This knowledge has spread and has manifested itself markedly on public health. Antiseptics found a wider scope and came to be applied to the lower animals, and even to vegetable life. Antiseptic principles came to be adopted practically in the vineyard and in the orchard, in the corn-patch and the potato field, when destruction threatened the crop and red ruin stared the farmer in the face. No barnyard or farmyard can now dispense with the use of antiseptic measures, and everyone is now engaged, as Lister was in the old days, in seeking to find out the antiseptic which will at the same time prove efficient, harmless, of easy acquisition, and within the means of all. The great object now is, amid the multifarious substances offered, to find out and use only the best and most efficient antiseptic.

Personal Adaptability.

The power of adaptability to various climatic and other conditions is possessed by some races, by some individuals, and by some animals to a very great degree, while in others, acclimatisation or seasoning as it is called, is with difficulty accomplished, and with a corresponding increase of vulnerability and danger.

The Semitic races appear to have rigidity of constitution, capable of enduring both extremes of climate, without the necessity of going through a prolonged intermediate stage of slow adaptation. The adaptability of the Jew is well-known. Latin races also withstand climatic changes better than Teutons. The Italian and the Spaniard seem to possess the gift of ready adaptation to climate. The Teutonic nations on the other hand, and especially the English, cannot do this without careful regulation as to dieting and to clothing, varying according to circumstances and seasons. It appears that newly evolved races, while evolving great mental power and intelligence, seem to have small power of bodily evolution, and have to trust to their brains to make climate endurable. They have to undergo a course of accommodation, when the habitat is changed from a cold zone to a tropical heat, during which probationary period, the skin, sweat glands, circulatory and digestive apparatus, become gradually adapted to the new conditions. This readiness to accept the change is known as adaptability, without which bodily power and resiliency, it is unwise for any person to change suddenly from one climate to the other, and these persons have to exercise more than usual precaution during the seasonable changes, even in their own country. Generally real adaptation to new surroundings is a slow process, of which it may truly be said that "*Tempus Medicatrix Optima.*" A fairly efficient temporary immunity may be secured by useful drugs and regulated dietary.

HITCHINGS'

GOLD MEDAL BABY CARS

ARE THE BEST

Beautiful Coach-built carriages upholstered in sanitary washable leather-cloth. Mounted on best quality steel cee-springs, and running on rubber-tyred ball-bearing wheels. Manufactured under healthy sanitary conditions. The safest and most comfortable vehicles for the young

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LIVERPOOL MANCHESTER GLASGOW

Fresh Air and The Child

UPON the treatment of children in infancy depends the health and stamina of the race, and upon the wise employment of out-door exercise for the lungs depends the power of the child to offer successful resistance to disease. Early in life every human being must become inured to the invigorating touch of fresh air. More ailments than phthisis are now recognised as being curable by open air treatment, but prevention is a thousand times better than cure.

The most valuable Legacy of Health.

A child which starts life with a craving for fresh air has a legacy of health it will never lose. The more it is out of doors the stronger it becomes and the sharper its appetite for that food of the lungs which creates physical energy. As in all other duties of the nurse, great care is essential in introducing infants even to so certain a health-giving tonic as pure atmosphere. It is most important that a child should always associate the hours when it is taken out by nurse with pleasurable sensations. It should very early in life begin to look upon the time spent out of doors as recurring periods of enjoyment. Equable warmth, freedom from draught, and smoothness of movement should be secured in the perambulator, and care taken that in case of sudden rain or other change there is suitable provision for dealing with the altered conditions.

We are not here concerned with the style of vehicle except that it should be raised well above the road level clear of the dust; and a word of warning might here be given against the small folding contrivances to which young children are sometimes thoughtlessly entrusted.

Fire is the test of gold; adversity of strong men. *Seneca.*

Stimulants & other Beverages

Alcoholic Strength of Wines and Spirits

Rum	60%
Whisky, Brandy and Gin	50%
Port, Sherry and Madeira	from 14% to 18%
Hungarian Wines, Claret and Burgundy	,, 8% to 12%
German Wines, Champagne	,, 6% to 12%
Ales, Beers and Stouts	,, 6% to 9%
Cider	,, 2% to 9%
Ginger Beer	,, 1% to 3%

Medical Notes on Wines

Burgundy: Distinguished by an increased percentage of alcohol, absence of sugar, and a low percentage of tannin. Burgundies are suitable in convalescence from illness, in anaemia, debility and loss of appetite. These wines are specially suitable for excitable and nervous people on account of their soothing properties. Burgundy is specially suitable for insomnia and sleeplessness. Cheap and nasty Burgundies do more harm than good.

Claret : Is a tonic wine, its virtue depending on the essences and compound ethers formed during the primary fermentation of grape liquor. They exercise a powerful action for good on the palate, digestion, and nervous system.

Port : Port is useful for warding off an incipient cold or chill, or nasal catarrh occurring in tropical weather. It is used with a tablespoonful of good brandy for relaxed bowels. It is a strengthening wine, but being spirituous (14 to 18), may lead to disorder of head and stomach.

Sherry : In Sherry the ethers appear to have a distinctive use in exhaustion of brain and heart. It is surprising how rapidly strength and regularity of the heart's action and quietness of the nerves can be restored by good old Sherry. Old Sherries have four or five times more ethers and are of a better quality than the new wines. Where exhaustion is less marked, the restorative action of a glass of sherry is precisely the same.

Champagne: Of all effervescing or brisk wines, the Champagnes are the best. This wine produces the greatest effect on the largest amount of absorbing surface, at the least possible expenditure of nerve force or of the delicate organs of digestion. In action it produces vivacity and sparkle, without exhaustion or discomfort, provided the wine has been sound and good. It is par-excellence the wine for ladies, for convalescents and for invalids, by reason of its delicacy of aroma, and its refreshing, cooling and stimulating action. It should never be taken too acid, and medium is the best.

Medicated Wines

Medicated wines are of great antiquity. Homer mentions a mixture, possibly one of the safest and one not unknown to modern drinkers, that which Hecamede prepared for Nestor with grated cheese. Helen's nepenthe, which stimulated the despairing Greek leaders, was a mixture of this kind. When Menelaus entertained Telemachus:—

> "Bright Helen mixed a mirth-inspiring bowl,
> Tempered with drugs of sovereign ease, t'assuage
> The boiling bosom of tempestuous rage,
> To cleanse the cloudy front of wrinkled care
> And dry the tearful sluices of despair."

The refined Greek considered the drinking of "neat" wine bad taste, and those who indulged in the habit were pointed at as "drinking like Scythians."

Nearly all Eastern nations mixed their wines. In the Scriptures frequent warnings are giving against drinking unmixed wine. "Wisdom," says Solomon, "hath mingled her wine" (Prov., IX., 2.) The maiden in the Song of Solomon speaks of giving her beloved "Spiced wine and the juice of my pomegranate."

The Romans mixed their wine with honey, and a kind of oxymel was prepared by mixing wine with sea salt, vinegar and oil of roses. The medicated wines of which Hippocrates has given so detailed an account, contained "horehound," "squills," "myrtle berries" and many kinds of essential oils." They were prepared for medical purposes only.

Vibrona

THE

Ideal Tonic Wine.

Recommended by the Highest Medical Authorities.

VIBRONA has been justly described as the SUPREME TONIC, and the best evidence of its unique properties is to be found in the fact that the world-wide reputation which VIBRONA enjoys is mainly due to the spontaneous personal testimony of those who having experienced its remarkable energising powers are glad to recommend it to their friends.

In depressed conditions of the system, arising from overwork, worry or sleeplessness; in convalescence from severe illness such as INFLUENZA, PNEUMONIA, or TYPHOID; in recovery from surgical operations, or to conserve the forces during any critical period, the restorative power of VIBRONA cannot be over-estimated.

In NEURALGIA and INSOMNIA it is no exaggeration to say that VIBRONA acts like a charm, obstinate cases which have withstood every other form of treatment being frequently completely cured after two or three Liqueur-glasses of VIBRONA have been taken at frequent intervals.

Persons residing in, or visiting localities where Malarial Fever exists, should make it a rule to take at least one Liqueur-glass of VIBRONA every day. This will not only materially increase the power to resist infection, but, in the event of an attack, will greatly mitigate its severity and hasten convalescence.

VIBRONA—THE IDEAL TONIC WINE—is supplied in bottles containing 40 liqueur-glasses by all leading Chemists, Wine Merchants, and Stores throughout the world. Price in Great Britain 3/9.

BY APPOINTMENT

TO

HIS MAJESTY

THE

KING OF SPAIN.

SOLE PROPRIETORS

FLETCHER, FLETCHER & Co., Ld., LONDON and SYDNEY.

Both Greeks and Romans used to mix their wine with "Resin" and with sea water, probably to enable it to keep better. The resin wine is still the favourite drink among the Grecian *hoi polloi* of to-day. The salt water, according to ancient therapeutists, was supposed to promote digestion and to keep the wine from going to the head. Salt is still employed to give "body" to light beers and ales, although some temperance lecturers allege that it is an ingredient added by artful publicans to create a thirst for more.

Nowadays the custom has been revived and we find all manner of medicated wines on the market. One which has been brought specially to my notice is Vibrona.

Vibrona

This medicated wine has received the imprimatur of the medical profession as being prepared on scientific lines as capable of being standardised, and administered as a valuable tonic medicine, or as an *apéritif* in conditions of atony of the digestive organs.

It is a bright, clear, red wine with an agreeably bitter taste due to the presence of the hydrobromide of quinine in small but effective quantities. This makes it highly useful in convalescence after exhausting diseases, like influenza, and in cases of overwork and brain fatigue.

The Cocktail

This is made by compounding two slight dashes of Angostura bitters, two slight dashes of peach bitters, then taking one spirit, gin or rum or brandy or whisky as desired, and adding seltzer water and ice (crushed if required). Equal parts of peach bitters, of Vermouth (French or Italian, according as a dry or sweet cocktail is desired). A champagne cocktail may be made in exactly the same way, care being taken in adding the flavouring agents in much smaller quantities.

The Coaster

Excellence depends upon exact measurement and quality of ingredient. For each person, take the juice of one lime strained, two teaspoonfuls of pulverised sugar, one wine

glass of Hollands or gin, a teaspoonful of Angostura bitters, one or two dashes of curaçoa. These are to be thoroughly swizzled, and the glass afterwards filled up with soda-water. A slice of pineapple may be added. Variety may be given by using various bottled fruits which have been duly boiled and sweetened.

Ice may be added. In hot weather this will be found to be most invigorating and appetising when taken after fatiguing exercise, and an aid to digestion half to a quarter of an hour before dinner.

Lime Drinks

Thirst can be relieved by a simple drink made by slicing a number of limes (half a dozen) pressing them together in a gallon of water, adding a pound of pulverised sugar, and letting it dissolve.

Coolers. Place the whole peel of a lime in a glass with two knobs of sugar and ice, and fill with seltzer water. A preferable cooler is made in a long glass with claret, powdered sugar, a dash of seltzer water, and a piece of pineapple, thrown in at the end.

Soda Nectar. Strain the juice of two limes, and add to three-quarters of a tumblerful of water with sufficient sugar to sweeten the whole. Mix well and add half a teaspoonful of carbonate of soda.

Sherbet. Mix 8 ozs. of carbonate of soda, 6 ozs. of tartaric acid, 2 lbs. of pulverised sugar (icing sugar.) Thoroughly mix and keep in a wide mouthed stoppered bottle. Two teaspoonfuls to three quarters of a tumblerful of water to which a squeeze of lime has been added is very palatable.

Imperial Drink. This is made by taking $\frac{1}{2}$ oz. of lime juice, $\frac{1}{2}$ oz. of cream of tartar, and 4 ozs. of loaf sugar. Bruise the lemon peel with the sugar, mix with the cream of tartar, then bottle. When required for use, add a pint of boiling water.

Benefits of Stimulants

Small quantities of alcoholic beverages taken with the food, or in the evening, check waste and remove the sense of fatigue, aid digestion and provide sleep. There is a universal consensus of opinion that alcohol in excess is injurious in any climate, but especially so in very hot weather. Therefore avoid excess.

Good Scotch Whisky. The good effects of a moderate amount of good Scotch Whisky has greatly popularised its consumption in England of late years. In a damp, uncertain atmosphere, with thick Atlantic fogs and lowering showery skies, with the body in a high state of susceptibility for chill, one cannot do better than use prophylactically and curatively a little good whisky.

All Whiskies not good. Some brands are highly deleterious, objectionable in every way for human consumption and only fit for preserving zoological specimens. The best brands both for medicinal purposes and household consumption are those which have been matured, the grain ethers developed and the furfural and other poisonous ingredients eliminated by processes of nature. The after effects of old red wine, or brandy, or good Scotch Whisky are very insignificant, while their conservative action is undoubted.

The Principal Impurities. Impurities differ largely among themselves, and consist of substances of high volatility, rendering them difficult to remove from the alcohol. They are the so-called Fusel-oil, compound ethers, aldehydes, among which is found the most poisonous of them all, furfural. Many other bodies are present in whisky, which have as yet escaped the scrutinising eye of the chemist. Whisky differs as a beverage from beer, in being a produce of distillation, and therefore it contains no living organisms to make it go bad, such as are found in products of fermentation, like wine or beer.

INVALUABLE

NOTHING ADDED **NOTHING LOST**

IN CASES OF CONVALESCENTS
FROM FEVERS AND ANAEMIA

WELCH'S Non-Alcoholic Sterilised INVALID PORT

or Concentrated Grape Juice is the very cream of the most luscious grapes grown

A SPLENDID TONIC

AND A

RELIABLE RESTORATIVE

¶ IT IS NATURE'S MEDICINE—invaluable for invalids and all cases where nutriment is required ; a blood-builder and appetizer. Those suffering from anæmia and wasting diseases are specially advised to try it.

¶ Every pint of Welch's Invalid Port represents the juice of upwards of 5 lbs. of the finest grapes, and is guaranteed to be free from alcohol, added sugar, water, colour, or flavouring matter. Used and highly recommended by the Medical Profession.

SAMPLE PINT BOTTLE
sent post free on receipt of 2/6 addressed to

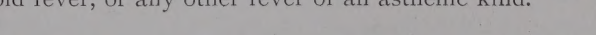
DR. WELCH,
61 FARRINGDON RD., LONDON, E.C.

Grape Juice.

The health giving qualities of the vegetable juices are so pronounced in the grape, that at one time a grape cure brought crowds of invalids from all parts of the world to the grape bearing districts of Europe, to be cured of consumption and other wasting diseases.

Besides the grape sugar, the mineral salts and the fruity acids, there are other principles in the grape which cause it to be a health restorer, so greatly desired in every sick room. It is now well recognised that even young children are the better for some grape juice being added to their milk or other food at a very early stage of life so as to avoid indications of malnutrition and scurvy, which are so prone to affect infants, in the shape of rickets and wasting. It is for this reason very probably that grape juice has been called Vegetable milk.

The great difficulty in providing countries, where grapes are scarce and sour, with the sweet and refreshing juice of the vine, has been overcome by the Welch Grape Juice Company who guarantee the absolute purity of their invalid port, the quality of the grapes used being the very choicest Concord grapes grown in the great vineyards of the United States, and many preparations of food can be used with this unfermented grape juice, as for example Grape whey, which is an excellent diet in pneumonia, typhoid fever, or any other fever of an asthenic kind.



Example is always more efficacious than precept... *Johnson.*

The progress of truth is slow, but its ultimate triumph is secure ... ... *Peacock.*

Only the heart of man and the work of God can govern ... ... *Ruskin.*

If a man does not make new acquaintances as he advances through life, he will soon find himself left alone ... ... *Johnson*

First Aid

Poisons

When poisoning is suspected, look round the room for cups, packets or bottles; you may get a clue to the kind of poison taken.

(A) Poisons which Burn or Char

I.—All the acids do this; Carbolic, Nitric, Spirits of Salts, Vitriol, Oxalic, Salts of Sorrel. To treat it is necessary to give some alkaline in water—chalk, magnesia, whiting—failing anything else, plaster : pound up with water and give a table spoonful. Pound up eggs, so that the acid will act on the albumen of the egg, instead of eating into or charring the stomach. Don't cause vomiting or you will rupture the stomach.

II.- Alkalies such as smelling salts, strong sodas, cause very extensive burns. For these, dilute vinegar is the best. Also plenty of water, with or without Robinson's barley, milk, flour, oils, which will soothe the burning inside. Strong alkalies injure the internal organs, stomach and bowels; cause pain, purging, fainting and collapse. Strong tea and coffee may be administered.

(B) Irritants

III.—Some articles cause great irritation of the stomach without actually burning it or making holes in the stomach. False mushrooms, bad fish, seeds of certain plants, bad food of any kind (ptomaines), arsenic, lead, mercury, rat poison, rat paste (phosphorus). These cause pain in stomach, faintness, purging and straining, but no charring of the lips, mouth or stomach. Remove by vomit. Give water, eggs and oils to soothe the pain.

Phosphorus poison (rat paste), causes death even some weeks after it has been taken. Oils will dissolve it and make it more dangerous.

(C) Poisons which cause Drowsiness

IV.—Some poisons cause intense drowsiness and deep sleep, from which the patient may not awake. These include laudanum, chlorodyne, alcohol, soothing syrups containing opium and some so-called teething powders. These poisons should be got out by vomiting or stomach pump as quickly as possible. Always think of drink, fits, injury to the head, sunstroke, as well as poisons.

How to cause Vomiting.—Tickle the back of the throat with the finger, give a tablespoonful of mustard in about half a pint of water, or mix common salt with very little water, two tablespoonfuls to enough water to enable it to be swallowed, put it down thick. Two tablespoonfuls of Ipecacuanha wine, plain. Repeat the dose if necessary. In collapse, give coffee, tea, beef tea, brandy, strong soups or essences. Drunkards scarcely ever collapse. In poisoning don't forget to send for a doctor post haste.

Burns and Scalds

A burn may be caused by flames, hot metal; a scald by boiling water, steam, hot oil, tar. These may be slight or severe. It is shock that usually kills.

Treatment.—Don't tear the clothing off, remove it with scissors so as to preserve the skin, cut the boot off if the foot is scalded. Protect all burned parts from the air. If the skin is *not broken*, some flour or very fine powder can be used, cover with cotton wool, bandage lightly, and place the part in a comfortable position. If blisters are formed, or if the skin is charred, strips of linen or lint must be soaked in oil and laid over the part lightly. Vaseline may be used. Carron oil—equal parts of linseed oil and lime water is a favourite. If the burn is big, strips of the lint must be used. A large piece of lint is wasteful and cannot be made to touch the whole surface. The dressings should be re-applied by taking off piece after piece. Burns about the neck are most dangerous. Leave the blobs and the blisters for the doctors to deal with.

For Neuralgia, Rheumatism, Gout, and kindred ailments

USE

DR. BENGUÉ'S BALSAM

The first application will convince you of its efficacy

This preparation is also recommended for sprains, which rapidly improve under the influence of its penetrating properties.

Ask for a Free Sample and try it.

DR. BENGUÉ & CO.

91 Great Titchfield Street, London, W.

Dog Bite

Clean the wound by sucking or washing with warm water, apply carbolic acid to the bottom of the wound. If caustic is used, it should be applied to the bottom of the wound and not on top of the skin. Carbolic acid may be applied by dipping the end of a match into the acid and applying it to the wound; dress the wound with vaseline or boracic vaseline.

Bites of Midges, Gnats and Mosquitos.

Midge bites are sometimes very troublesome, causing great irritation of the skin. This may be soothed by a weak solution of vinegar and water applied to the skin, or the bites may be rubbed with half a lemon or lime.

Mosquito bites are deeper and more severe, and sometimes cause great pain. Usually the face, neck and hands are attacked, or in the case of ladies, the ankles. These parts should be protected, especially when standing near rivers, lakes or pools of water. The best application both for midge bites and mosquito bites is Bengué's Balsam. This may be used for the bites of other poisonous animals, and also for the stings of bees, wasps, bugs and fleas. If the sting or bite is on the eyelid, lead lotion will keep the swelling down. Bengué's Balsam should be used with great care round the eyes.

Some insects bury themselves beneath the skin. These are the itch insect, the harvest bug, the sand flea (chigger). The harvest bug and the chigger must be removed by the doctor.

Bees, Wasps and Ants

Sometimes sting or bite so severely as to endanger life. Besides applying local applications, the patient's strength has to be supported by the free administration of alcohol or other stimulants to save collapse.

Bites from horses, cows, donkeys, or any of the large quadrupeds should be treated as wounds and bruises.

FUEL AND LIGHT IN THE HOUSEHOLD BUDGET.

HOW TO COMBINE HEALTH, COMFORT AND ECONOMY.

Contributed by Mrs. M. A. Cloudesley Brereton.

Member of the Royal Sanitary Institute
Member of the Institute of Hygiene
Associate Member of the Royal Institute of Public Health, etc., etc.

Housekeeping may be perhaps roughly divided under three heads: some houses run by themselves; some mistresses run their houses; some houses run their mistresses—off their feet too often, alas. We may perhaps add a "possible fourth," for some houses don't run at all, they "and all that in them is" just "muddle through."

Now a great deal—wise and otherwise—is said about the young housewives of to-day. But putting out of court in this short article the exceptionally good and exceptionally bad, and confining our attention to the average, the "common or garden" variety of young housekeeper, we may surely say with fair justice that, if she has had any education at all other than a private one, she is anxious *to make a business* of her housekeeping and home-making, and to apply businesslike and exact methods to all she does.

The reproach that she does not housekeep as well as her mother or grandmother often amounts to nothing more than a statement that she does not attempt to use the methods of a past century for the needs of a later one; that she refuses to put old wine into new bottles. Yet the people who criticise her are often those who would tell her brother that he deserved to travel by the shortest cut to the Bankruptcy Court if he went to business daily in a broken-down "growler" instead of a motor, or if he used

up half the morning of his office boy in struggles with a primitive tinder box and damp "kindling" straight from the woods.

Nor is it a cause for reproach that the young housewife wishes for more leisure and sets about buying her soap, bread, butter and jam, her body linen and house linen, ready-made, instead of following in the steps of her grandmother and weaving, brewing and so on at home.

One thing alone, amongst many others, has made it essential for the young housekeeper of to-day to get by some means a certain amount of leisure in the interests of her home and her home life, namely the increase in facilities for cheap and rapid transit. She is expected to make use of those means if only for the purpose of seeing the grandmotherly critics; she is wise enough as a rule, too, to make time to keep in touch with the outside world for her own sake, so that she is not a "back number" when her children grow up, or her husband becomes more prosperous or grows old enough to retire and once more to seek her more constant companionship; and still further, for her own sake, in order that she may take a useful part in the work of the world, paid or unpaid, knowing as she does that the hand that rocks the cradle all day and all night does *not* rule the world, in spite of the well-worn proverb.

This may all seem a digression. But it is in reality no more a digression, no more in the nature of artificial and meaningless ornament than is the solid foundation of a solid building. The house which is to stand the test of time must be built upon a rock; and the housekeeping which will stand the test of married life must be based on hard economic facts. And some of the hard facts which face the twentieth century housekeeper amongst the educated classes, from the struggling professional man's wife to the millionaire's wife, are the following, amongst many others which it is unnecessary, even if it were possible, to dwell upon here.

First, servants' wages have roughly doubled, and the supply of servants has about halved within the memory of white-haired housewives.

Secondly, more public service is demanded of the woman of position to-day than was possible (under conditions of transit alone) a century ago.

Thirdly, much of the housekeeping of a century ago consisted merely of homely and amateur manufacturing of soap, candles, and preserves, added to brewing, baking and ham-curing; not to mention the concocting of endless medicines, to judge by old account books and diaries. These labours are largely dispensed with because the factory and the central "store," for good or ill, provide the necessary articles made by experts, and few people live where the nearest doctor is a half day's journey off.

It is obvious to any practical person that we are never likely to go back to the old methods. Where, therefore, the housewife of a former time might be worrying over this year's brew of vinegar or the prospect of this year's hams turning out satisfactorily, the woman of to-day is called upon for nothing more than wisdom in selection, added to a reasonable knowledge of and interest in the conditions under which the goods are made, transported and stored.

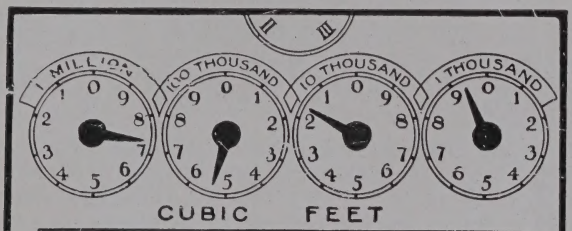
But against this latter apparent gain in leisure, we must put the public service demanded of the modern woman, the difficulty of getting cheap and intelligent, faithful and disinterested service in the home; the rise in the price of everything; the limited size and often faulty planning of town houses for modern needs, and so on.

She must, in fact, look to outside help for laundry, brewing, baking, and even growing of vegetables, making and even mending and cleaning of clothes and upholstery, and far too often for too large a proportion of her cooking and entertaining.

The very existence of the private home is threatened from economic causes alone.

So it comes about that inventors, both men and women, and more often men inspired by the needs of their own womenfolk—just as it is said that "Love invented the stocking loom"—are almost daily trying to invent labour-saving, dirt-saving and time-saving machinery for use in the home. They are applying the lessons of the typewriter and the telephone, etc., which have become indispensable in the business house, to the kitchen-range and boiler, the carpet-sweeper and chopper in the businesslike home.

In this perfectly natural and scientific way, the gas-cooker, the gas-water-heater, and the gasfire, as well as gas illumination, have taken their places in the wisely governed home of to-day. And this is true from the home of the hard-worked charwoman who would seldom have a hot meal for "her man" or the "kids" were it not for the friendly "slot-meter" which supplies her with just the gas she can pay for and no more, and leaves her with no bills and no anxiety, to the millionaire's house or grand hotel, where His Majesty the Chef swears *by* his gas cooker just as he used to swear *at* the coal range and its unfortunate stoker.



HOW TO READ YOUR GAS METER.

PAY no attention to the top dial Taking the four lower dials in their order, write down the figures indicated by the hands. If the hand is *between* two figures, always write down the lowest—if the hand is between 9 and 0 always write down 9. Then add 00 to the end. The above index reads 751,900 cubic feet. If the reading of a month before had been 740,600, the month's consumption would have been 11,300 cubic feet.

"Read your meter regularly and check waste," is a good motto for the modern kitchen.

Now, not only for the user of the slot meter, but for every wise housewife the question of cost is an important one, and rightly so. Yet few women realise that they can keep a better check upon the gas bill than on the coal bill; on the gas meter than on the coal cellar. Appearances may be deceptive in the one case, in the other the little dial is as much to be depended upon as the face of a good watch.

It should be no more difficult for an educated woman to learn to read her own gas meter than for a reasonably intelligent child to learn to tell the time by the clock.

The foregoing illustration shows that meter reading is perfectly easy. The only thing to remember is that as meat is measured in "pounds" and calico in "yards," so gas is measured in "thousands" of cubic feet.

There are many people who would need no argument for using gas exclusively in their houses other than the experience of their friends, if they once realised that not only is it no dearer than coal, when all things are considered, but the expenditure can be governed and recorded as often as the housewife wishes, and any waste stopped or any luxuries cut down if they cannot be afforded.

Readers who may be worried by servants who wish to stay with good mistresses but who have not the strength to be coalheavers; or those servants who can cook well and yet refuse to be stokers and so demand extra help—extra help of boy or tweeny-maid not always easy to get or to afford; or mistresses who have delicate children but cannot afford the luxury of night-nursery fires on account of the work; or who are continually finding themselves between the upper and nether millstones of the nursery people and the kitchen servants—the "interfering" nurse and the "impudent" cook; all these may ask: Will gas fires or gas cookers help me? Will modern gas light be as beautiful and as cheap as any other form of light?

As to the latter it is perfectly safe to say that, excepting the old-fashioned and dangerous oil lamp, gas is undoubtedly the cheapest and most beautiful light to be had, and is in addition being recommended by eminent oculists as the nearest approach to daylight and the most

restful to work by. Children who have home lessons to do should have their eyesight carefully guarded, and the question of eyesight is one which no parent should neglect.

Where the powers that be still cling to coal for cooking, the woman reader does not need to be told that the "hot water" terror is ever present. Is the water ever boiling when it is needed, night or day, unless you are a coal merchant's wife?

Early in the morning, when shaving water is wanted, or a warm tub needed, the sulky range is busy with breakfast and the hot water dampers are hardly awake. Towards the children's bath time the cook is giving the hot water dampers an evening off, because the heat of the range is all needed for cooking dinner. So the children have tepid baths and run risks of cold or pneumonia, or miss their baths several nights a week; or if the nurse is a stronger person than the cook, the "nursery bath water" becomes as it were a standing dish at evening dinner. It bears, and deservedly bears, all the sins of omission and commission in faulty cooking; and the first time the cook quarrels with her young man the nursery bath water is made the excuse for giving her mistress notice. Even a young man with an uncertain temper may be forgiven, but a kitchen range full of vagaries sooner or later reaches the limit.

There are probably more good cooks who have left good mistresses for this cause than for any other reason, real or imaginary; and there have been more disturbances between nursery servants and kitchen servants, and between properly trained lady nurses for children and ignorant cooks working old-fashioned coal ranges, through difficulties in co-ordinating cookery and hot water supply, than for any other domestic reason.

Then there is the question of heating. Everyone knows in our uncertain climate that household heating cannot be done entirely from a central boiler, as though we had a wet season and a dry season, a cold season and a hot one. Nor is the method of depending on hot water or closed stoves as distinct from the open fire healthy anywhere. The modern gas fire with its "radiant" heat—the actual warmth of the sun of bygone days extracted from "sea-coal" by the

great gas furnaces and retorts—is the most modern, healthy and scientific form of *open fire* that there is, giving the greatest equivalent of heat for the coal consumed, and giving it as a purified spirit (gas, or "ghost") of coal.

There are still lingering prejudices about gas fires: prejudices engendered by the early models of gas fires before manufacturers of gas fires realised how really great was the dream of the great discoverer, Murdoch, a century ago, when he prophesied what we in our day are only now beginning to realise and materialise, namely, that in the days when he and his struggles had passed into history, strong men would be handling the coal in the great gas works, and the women who needed to warm their houses would have only to light a match, and, like opening your window blinds to the radiant sun on a summer morning, there would be radiant heat "on tap." He and Winsor and others were laughed at then and even preached against in churches, but they were among the earliest pioneers of this branch of Domestic Science, the application of Science to the needs of Home Life. And now their own professional kith and kin as it were, the stove makers, are realising not only their greatness as dreamers, but their soundness as commercial men. They have found out that not only do women demand gas fires, but that they demand the very best and most economical that can be made. And even more; that now they are needed for the reception-rooms of the wealthy, and even for royal palaces, they must be things of beauty as well as of utility; moreover, not mere artistic imitations of coal fires or oil stoves, but original designs co-ordinated to the most beautiful designs in furniture or friezes. So much is this the case that many of the newest houses are either built with no fireplaces fixed at all or with gas fires fixed—the gas fire has, in fact, ceased in the most modern houses to be an addition and an afterthought put in front of a more or less ugly coal grate, with the coal grate left behind it in case the next tenant *might* like to go back to coal.

There will be no going back in housekeeping matters with a highly educated set of housewives springing up who know how to apply modern inventions to modern

needs. Moreover there is this to be remembered, that a more educated class of servants is springing up, than those we are used to as a rule; and if labour-saving devices are steadily increased in the home, much of the drudgery, and most of the mere "drudges," will disappear in the process. A future generation will see fewer servants, it is true, but better paid and better trained; ready to take an intelligent interest in their work, and not pariahs as they now are in their own class, as compared with factory hands and other business girls, for instance, when the time for marriage comes: domestic service will tend more and more to become a kind of business if not a profession: and in this transformation in home life gas appliances will play an important part.

To sum up, then:

For **Household Lighting** gas gives soft brilliant light that is restful to the eyes. The circulation of the air (set up by the heat from gas) ensures improved ventilation. Inverted burners secure the most efficient light, and lend themselves to artistic decoration.

As to **Gas for Heating.** Two thousand London physicians recommend the use of gas fires—in health and sickness. Gas fires yield heat that can be instantly adapted to the climatic conditions. Where gas fires are installed there is no coal carrying, no grate cleaning, no ashes, dirt or smoke.

For **Hot-Water Supply** Gas Water-Heaters give really hot water available always, day or night, for baths and all other domestic purposes, without coal fires and without trouble.

For **Cooking,** gas means comfort in the kitchen and satisfaction in the dining-room. There are no coals or ashes to carry, no wasteful blazing fires, no flues to clean, no worry and no trouble. Gas is used for cooking in Royal Palaces and in the best Hotels and Restaurants, as well as in the most up-to-date private houses.

Gas for Everything for which coal has been used, means a Cleaner City for a Healthier and Happier People.

THE FOLLOWING QUESTIONS

ARE ASKED OVER AND OVER AGAIN:

WHAT IS

Millennium Flour?

Ans —The purest Flour known; that means that it is the pure kernel of the Wheat Grain, purified by Gravity and scientifically reduced so as to be absolutely free from all impurities.

What advantage is there in this Flour being made from the WORLD'S BLENDED WHEATS?

Ans.—It is well-known that each season's Wheat differs in quality; one season America will have a good harvest, and another season India, or Russia, or Argentina, or Australia will likewise in their turn have good harvests, causing the Flours of the different countries in their good seasons to excel.

Millennium Flour is made from a selection of the best harvested Wheats of the World in any given year.

How is this distinguished in the Flour?

Ans.—Flour made from well-harvested Wheat always possesses a clean, bright, bloomy appearance, and will never have a greyish or pale, white, sickly look.

Is Millennium Flour Bleached?

Ans —No, bleaching would only take the sunshine out of the Flour, that is to say the bright rich bloom. To bleach MILLENNIUM would be to take one of its best qualities from it. Bleaching is thought by some people to improve the lower grades of Flour, but the process merely turns a "dirty yellow" looking Flour into a "dirty grey," or gives it, as stated above, a pale, white, sickly look.

Does Millennium Flour contain the Phosphates of the Wheat?

Ans.—Yes, it contains all the phosphates that are required by the human system.

Why is Millennium Flour more Nutritious than Brown Flour?

Ans —Because practically the whole of MILLENNIUM Flour can be digested, whereas ordinary brown flour contains indigestible matter, therefore, weight for weight, MILLENNIUM Flour will yield more nutriment to the human body than brown flour.

Why is this very fine Flour better than the darker and coarser kinds?

Ans.—No Flour would be dark unless made from inferior kinds of Wheat, were badly milled, or had in it impurities of some kind. Inferior kinds of Wheat frequently contain small stones, dirt, seeds, smut, &c., some of which get into the Flour causing a dark colour in consequence.

Why is the Flour termed MILLENNIUM?

Ans,—Because the MILLENNIUM is a state in which all rivalry ceases, and this Flour, being unrivalled, is termed MILLENNIUM, having arrived at an eminence where there is no further competition.

Sold only in Cotton Bags, - 3½,-7,-14,-35,-140 lbs.

If your Baker does not sell "Millennium" Flour and Bread write for name and address of nearest Agent to:

W. VERNON & SONS, 4 Lloyd's Avenue, E.C.

By Special Appointment Flour Millers to H.M. King George V.

Cookery Recipes

Hints on Flour

It is essential to the well-being of the nation that the food of the people should be pure and health-giving. Half the suffering in the World could be obviated if greater attention were given to the selection of the foods which form our daily diet. For instance we will take that most common and yet most important article — "Our Daily Bread." Few people appear to realise that quality exists equally as much in bread as in other articles of diet. Possibly it is the contempt bred of familiarity which is the underlying cause of this apathy. When we bear in mind that it is computed that only one sack of 280-lbs. of flour is annually consumed by each individual, and the difference in price between high-class and poor quality flour is insignificant, it is quite apparent that the indifference is not due to the cost of the best quality flour. It is easy to detect poor quality flour. No flour would be dark unless made from inferior kinds of wheat, was badly milled, or had in it impurities of some kind. Bread and Confectionery when made from the best flour possess a bright, rich, appetising appearance, which cannot be obtained with inferior or bleached flour.

Hints on Eggs

The following is a good method of determining the age of eggs. About six ounces of common cooking salt is put into a large glass which is then filled with water. When the salt is in solution, an egg is dropped into the glass. If the egg is only one day old, it immediately sinks to the bottom; if any older, it does not reach the bottom of the glass; if three days old, it sinks only just below the surface. From five days and upwards it floats. The older it is the more it protrudes out of the water.

Beef Teas

Beef Tea. Cut up a pound of lean beef into pieces the size of a dice, put into a covered jar with two pints of cold water, and a pinch or two of salt; let it warm gradually, simmer for a couple of hours, taking care that it does not reach boiling point.

Beef Tea (nourishing). Boil one pint of beef tea, adding teaspoonfuls of fine breadcrumbs or crushed biscuits, for five minutes, stir well all the time. One teaspoonful of maltine or malt extract or two teaspoonfuls of sago or some such farinaceous food can be added to the beef tea instead of bread or biscuits.

Mutton Tea. Cut up one pound of lean mutton into dice, to this put one quart of cold water, adding a pinch of salt, let it simmer for three hours, occasionally taking off the scum. Strain off the fluid and let it stand until cold Then remove the fat, if any.

Chicken Tea. Cut a fowl up into small pieces. Put it into an earthenware vessel with some salt and two pints of water; let it boil for three hours, set it to cool and then take off the fat.

Veal Tea. Take a pound of knuckle of veal, place it in a jar with a teaspoonful of salt and a little pepper, add a pint and a half of water. Place jar in a saucepan, stand on the stove, let the whole simmer for about five or six hours, keeping the jar well covered. Take out and strain through fine muslin. Stand until cool, clear off all fat. Half teacup can be given to the child twice a day diluted with a little water. It will be found very nourishing for infants.

Calves Feet Jelly. Place two calves feet in two quarts of water without any flavourings, boil for two hours, skimming as it boils; then take one quart of the liquor. To

remaining quart of liquor add one carrot, one onion, a little pepper and salt. Boil for two more hours. Strain, stand aside to cool, remove all fat. As required, take off a portion, bring it to the boil, then add a teaspoonful of Indian maize meal or fine oatmeal. When all has been boiled up together, strain into cup, add a little sherry wine to taste. The quart which was taken off first, may be made either into lemon jelly or sherry jelly.

Beef Tea Custard. Put the yolk of two eggs and the white of one into a small basin. Pour upon them a gill of cold beef tea and whisk all well together. Pour the mixture into a buttered cup or gallipot. Tie a piece of paper over it and put it into a saucepan of boiling water, but do not allow the water to cover it. Let it simmer for a quarter of an hour. It must not boil or the custard will be spoilt. Take out and serve.

Soups

Tomato Soup. Have ready three pints of white stock which can be made from boiled pork or boiled bacon, add one good sized onion, one carrot and one pound of tomatoes. Boil all together for an hour; season with pepper and salt to taste. Then rub all through wire sieve or fine colander. One dessertspoonful of vinegar may be added to the soup just before serving. Serve with fried bread sippets.

Potato Soup may be made by the above recipe, omitting carrot and adding one half a pound of potatoes and half a cupful of milk. Grate a little nutmeg before serving.

Lobster Soup. Take some stock, a packet of Lazenby's chicken soup squares, place in a saucepan, add a turnip, small onion, stick of celery, and half a dozen peppercorns; pass all through sieve. To each pint of liquor add a dessertspoonful of cornflour, mix smoothly with half a pint of milk. Stir the soup till it boils, adding pepper and salt to taste, and a quarter teaspoonful of essence of anchovy. Break the yolk of an egg into a soup tureen, stir in the

WHATEVER else you may run out of — never run out of Bovril. Before the bottle in your cupboard gets empty put an order for the next one on your grocery list.

Bovril is a handy help for the cook; a nourishing food for the invalid and a strengthening beverage for all the family.

Be sure to ask for BOVRIL—and look for the NAME to make assurance doubly sure.

The Body-Building Power of Bovril has been proved to be from 10 to 20 times the amount taken.

678 S.H.B.

soup and add a lobster, which has been nicely boiled and picked out of shell into very small pieces. Let it stand for five or six minutes and serve.

Mushroom Soup. This is best prepared by taking Lazenby's chicken soup, adding salt and pepper to taste, and about a pound of small selected mushrooms. Wash them most carefully, cut small and stew slowly. Add some browned flour, and an ounce of butter; boil up and serve.

Calf's Head Soup. Take half a calf's head, soak it for an hour in salt and water and wash it. Remove brains and tongue. Boil for three hours in three quarts of cold water with two onions, one carrot, quarter of a head of celery, juice of half a lemon strained, blade of mace, half a teaspoonful of peppercorns, one bay leaf, a teaspoonful of salt, and a little pepper. When it comes to the boil take care to skim well, strain through muslin, stand to cool, remove all fat.

Mulligatawny Soup. Slice and fry three or four large onions, one small carrot, until they are an equal amber colour. Lift them out with a slice and place them in a pot. Flour and fry one rabbit placing the rabbit with the vegetables, and pour over two quarts of water, add a small teaspoonful of salt, a bay leaf and half a teaspoonful of peppercorns; boil for two to three hours. Rub all through a sieve. Mix two tablespoonfuls of curry powder, one dessertspoonful of lemon juice and stir into the soup. Boil up and serve. Send plain boiled rice to table with this soup.

Carrot Soup. Have ready two quarts of stock, from which meat has been boiled, such as boiled salt-beef, pork or veal. Boil one and a half pounds of carrots until tender. Pass the whole through a sieve. Add salt, pepper and cayenne to taste. Boil again and serve hot. Turnip soup may be prepared in the same way, using turnip instead of carrot.

Veal and Mutton Soup. To each pound of meat allow a quart of water. Add to this a tablespoonful of rice, and bring it slowly to the boil. Skim well, adding one carrot,

a large onion, a small piece of celery, two cloves, a quarter of a teaspoonful of peppercorns, a bay leaf, and a quarter of a teaspoonful of savoury herbs. Boil all together for three hours, strain, let it stand until cold, take off the fat, boil up again and serve.

Fish Dishes

Boiled Whiting: Small or moderate sized whiting should be selected, skin taken off, and the tail put through the mouth. Put into boiling water, and simmer from five to ten minutes according to size. Drain and serve on a neatly folded napkin, with either melted butter or white sauce.

Boiled Plaice: Choose a moderate size plaice for boiling, put it into plenty of hot water, with a tablespoonful of salt and a wineglassful of vinegar. Boil quickly, then simmer gently for twenty or twenty-five minutes, serve with either shrimp sauce or melted butter.

Boiled Sole: Sole for boiling should weigh at least a pound, and must be well scaled, but the skin left on on both sides. Put into plenty of cold water with a tablespoonful of salt and also one of vinegar. Boil up quickly, then simmer for quarter of an hour. Serve upon a folded napkin with either melted butter—white—or fruit sauce.

Turbot Boiled: Rub the fish over with lemon, and let it remain for about an hour. Put it into a saucepan with enough cold water to cover, a dessertspoonful of salt, and a half wineglassful of white vinegar. Place the kettle over a brisk fire, when on the point of boiling draw saucepan aside, skim, and simmer gently till done. Serve with lobster or shrimp sauce.

Fried Whiting: Small or moderate sized whiting should be selected and skinned, well dry the fish, dip into beaten egg, and sprinkle it over with very fine dried crumbs of bread, and fry in boiling fat (enough to completely cover the fish), till of a pale brown colour.

Fried Plaice: Have a moderate size plaice filleted, dry well in cloth, dip each piece into beaten egg, sprinkle it over

with very fine bread crumbs, and fry in boiling fat (enough to completely cover the fish) till of a pale brown colour.

Soles with Mushrooms : Take a sole weighing about a pound, skin and fillet, boil the bones and skin in saucepan for about half an hour, flavour with small pieces of mace, strain off liquor, roll up sole and skewer or tie. Place into the saucepan, and stew gently for about ten minutes. Have ready a quarter-pound mushrooms nicely stewed in butter, pepper and salt. Pile cooked mushrooms up in the centre of dish. Place soles round mushrooms, and serve.

Baked Soles : Having filleted a sole, take a piece of buttered paper, fasten ends of paper up all round the sole, place in a dish—cover with a second dish and bake in a hot oven from ten to fifteen minutes. Serve hot with the butter poured over.

Fish Roes. Take half pound of small roes, wash them, stew for about half an hour in white sauce and serve on toast. For healthy persons these roes might be fried in boiling fat until they become a nice brown, then have a thick brown stock ready and serve hot. This makes a delightful little entree.

Shell Fish

To stew oysters. Open, and separate the liquor from them, strain the liquor, and put with the oysters a bit of mace and lemon peel, and a few white peppers. Simmer them very gently, and put some cream and a little flour and butter. Serve with sippets.

Boiled oysters. Let the shells be nicely cleaned, boil four minutes, and serve in them, to be eaten with cold butter.

To scallop oysters. Put six or eight oysters (large) into a scallop shell or saucer, with plenty of bread crumbs, season with pepper, a little salt, nutmeg, and a small piece of butter, moisten with their own liquor. Put a little butter on the top, and bake before the fire in a Dutch oven till a nice light brown.

Boiled Mussels. Clean mussels by removing weeds from the outside of the shell, wash them in several waters, and let them stand in a colander without any water for about an hour, then repeat washing. Have saucepans ready with boiling water, into which has been added a little salt and pepper, a small piece of lemon. Tie up the mussels in a cloth, dip them into boiling water and allow to stand for about eight to ten minutes. Remove mussels, dip into cold water. Open mussels, remove weed from under black tongue. Have a little of the liquor in which the mussels have been boiled in a saucepan into which has been placed a little piece of butter, and just a slight grating of nutmeg. Place mussels in the saucepan and serve hot.

Sauces for Fish

Bechamel Sauce. Slice very finely one onion, one small carrot and half a head of celery. Boil them for three quarters of an hour in half pint of milk or stock with the bouquet of herbs and pepper and salt. Strain and put in the sauce two ounces of flour and one ounce butter and cook for ten minutes longer. This sauce is splendid for turbot or brill.

Mustard Sauce. Take a little of the liquor the fish has been boiled in, quarter teacupful of milk, boil together with one ounce of butter; a heaped teaspoonful of flour and half teaspoonful of rice flour, pepper and salt to taste; thicken the sauce with the flours, boil for about ten minutes, then add one teaspoonful of mustard, mix into the sauce, and serve. It will be found good served with boiled cod.

Sharp Sauce for Fish. Prepare as for Mustard Sauce but substitute a tablespoonful of lemon juice in place of the mustard.

Egg Sauce. Take two hard boiled eggs, one ounce of butter, one teaspoonful of flour, half teaspoonful of rice flour, and one teacupful of milk. Mix the flour, milk and butter together, boil all ten minutes, chop eggs up finely and just before serving sauce place eggs into the sauce, just bring to the boil, and serve. Parsley sauce may be made in the same way, substituting parsley for eggs.

Savoury Dishes

Kidneys and Tomatoes. Split open six sheep kidneys, put into boiling water for a few minutes, season with pepper and salt, fry in two ounces of dripping. Spice one-and-a-half pounds of tomatoes, put them in a saucepan with a small piece of onion, half a pint of stock, salt and pepper, and let the whole simmer for fifteen minutes. Add the kidneys, and dish in a ring of mashed potatoes. The number of kidneys used should be according to the quantity of the dish required, all the condiments should be in proportion.

Grilled Breast of Chicken. Take the breast of a chicken and grill until nicely cooked, taking care not to allow it to burn. After removing it from grill, rub the chicken over with a little fresh butter and serve with a few peas.

Pounded Chicken. The remaining portion of the chicken may be boiled, and when tender, remove from the bones, pound up in a pestle and mortar, or mince very finely through a machine, with a thin slice of ham. Add a little nutmeg, place in a basin, and mix the yolk of one egg, beat the white up to a very stiff froth, stir into the whole. Butter a basin, place the mixture into same, mix well and serve

Beef Olives. Take a pound of rump steak, slice very thinly, cut into strips of three inches long by two inches wide. Have ready a few bread crumbs, pepper and salt to taste, half a teaspoonful of savoury herbs with a quarter teaspoonful of parsley, chopped very fine, mix all well together. Sprinkle some of the mixture over each piece of meat, roll tight and skewer firmly. Have saucepan ready with some good boiling beef dripping or butter, dip each piece of meat in flour, fry to a delicate brown, strain off fat. Have ready half-pint of good sound stock, pour over the olives, let the whole simmer for half an hour and serve.

Curry. Cut up two pounds of shin of beef, one carrot, two onions, and one apple into small dice. Melt five ounces of beef dripping in a frypan. Fry all together until slightly

browned, then sprinkle in one heaped teaspoonful of curry powder to each pound of meat. Fry for about two minutes longer, keeping all well stirred to prevent burning. Then add one pint of hot stock or hot water. Place all in a saucepan and simmer gently for three hours. Have a few pieces of lemon and citron peel cut into very small pieces and half a teaspoonful of fine herbs tied up in muslin. Simmer in the curry for about three minutes before serving. Remove the muslin bag before serving. Serve with plain boiled rice very dry.

Italian Risotto. Into a saucepanful of hot water, throw a handful of rice. Boil twenty minutes until the grains are cooked, pour the contents of the saucepan into a strainer. Put sufficient butter into a frying pan, and when melted add the rice and mix for two or three minutes. Pour into a dish, and cover abundantly with grated parmesan cheese.

Braised Spanish Onion. Peel a large Spanish onion, take out the centre, and fill the hole with butter. Now take a sheep's kidney, sprinkle it with pepper and salt, place along with the onion in a deep dish. Cover and cook in a hot oven two hours.

Fried Sweetbreads. After having been rendered firm, place sweetbreads in cold water to cool. Take yolk of an egg, brush over the sweetbreads, roll in bread crumbs, fry, and serve with brown sauce. Sweetbreads, after having been rendered firm, can be fried with bacon, and served for breakfast or lunch.

Stewed Sweetbreads. Take half pint of good brown sauce, half pound of tomatoes, and one pound of spinach, soak the sweetbreads in tepid salted water for one hour. Place on the fire in cold water, allow to boil and strain off. Put them on again in fresh water, or in white stock, simmer gently for an hour, drain and press between two plates with weight on top. Trim neatly, cut in thick slices, put them in a saucepan with brown sauce. Have ready baked, tender but unbroken tomatoes, and cooked spinach, rubbed through sieve. Place sweetbreads on spinach, and the tomatoes round the dish and serve.

Sheep's Brains. Take a set of sheep's brains, lay them in salt and water for an hour or more, place them in a saucepan with cold water and a little salt, bring to the boil and pour off the water. Then add a little white stock, season with pepper and salt to taste, and boil gently for thirty minutes. Serve on toast, pouring the gravy round the dish.

Vegetables

The way to cook potatoes. We will take the new potato first. These should not be scraped until they are really wanted, as laying in water makes the new potato go black. Have ready a saucepan of boiling water into which has been placed some salt, and boil them for twenty minutes to half an hour according to the size of potatoes. Place a piece of mint in the pot about ten minutes before they are done.

On the contrary, old potatoes may be peeled and placed in cold water for two or three hours previous to boiling, as it takes away a great deal of the earthy flavour, as well as rendering them more white. These should be put into cold water, boil for half an hour, or until one sees they are beginning to break, when it will be as well to strain off three parts of the water, and let them steam in remainder.

How to use up cold potatoes. Rub the potatoes through a very fine sieve or mash with a fork, add pepper and salt to taste. Have ready one egg, the white whisked up very stiffly, adding the yolk, and mixing well. Roll into balls in a little flour, fry in hot fat, and serve.

Cornish potato cakes. Boil some potatoes until cooked and floury, drain and dry on a stove. While still hot turn the potatoes into a bowl, mash thoroughly with a spoon, season with a little pepper and salt. Work into the potatoes as much flour as they will take up without being too stiff. Roll out the dough on a flour board and shape the cakes neatly. Have ready some boiling fat, place the cakes in it and fry. The cakes should be rolled out to an inch thick. This is an excellent way of serving potatoes with cold meat.

To cook a cabbage. Cut cabbage up in quarters, taking care to remove all stalks. Place it in a large pan of cold water with tablespoonful of salt. After laying in soak for half-an-hour, cleanse under running water. Have ready a saucepanful of boiling water, into which has been placed a dessertspoonful of dripping or butter, small piece of soda about the size of a nut; dessertspoonful of salt or more if liked, and boil well for an hour. Strain and press all water out of it.

Brussels sprouts should be placed in a saucepan of boiling water, add salt and a pinch of soda. After having been boiled for ten minutes this water should be drained off, then cover the sprouts again with fresh boiling water. By doing this they will be found to be more digestive and less strong of taste.

To cook cauliflower (as French wives do), use a fresh cauliflower and separate each particle, placing them into cold water, into which has been added a teaspoonful of salt, and soak them for two or three hours. Place in boiling water with a dessertspoonful of salt, and let boil gently for about twenty-five minutes. Have ready a little melted butter. Pour over and serve as a separate course.

Cream spinach. First take the spinach and well wash in three or four waters, as it is often very gritty, drain it and place it in a saucepan with about a teacupful of boiling water at the bottom, and a heaped tablespoonful of salt adding small piece of soda the size of a nut. Boil for about ten minutes or a quarter of an hour, keeping it well pressed down. Strain into a colander, then letting cold water run over, place in a cloth and press well. Then rub through a fine sieve, melt two ounces of butter in a stew pan, put the spinach in and stir until quite hot. Mix three tablespoonfuls of cream or Ideal milk. Cook gently for another fifteen minutes, place on a dish and serve.

Easily Digested Pudding. This pudding may be made by taking French rolls, a few sultanas, a little candied peel, two tablespoonfuls of sugar, one egg, half pint of milk, and a little lemon flavouring. Well butter the basin, place a few sultanas round the inside and a little candied peel, then cut the roll into slices, butter, press the bread round the basin over the sultanas. Then put bread into basin until about half filled. Whip one egg with half a pint of milk, flavour, pour all into a basin, cover with buttered paper and cloth. Steam for one hour and a half. Serve with lemon sauce or heated home-made jam poured round the dish.

Marmalade Pudding. Four ounces marmalade, one breakfastcupful of finely grated breadcrumbs, half teacupful of sugar, half pint of milk and one egg. Place the marmalade at the bottom of a small pie-dish and fill up with the breadcrumbs and sugar; beat up the egg, add it to the milk, pour over the bread and marmalade, and bake in a moderate oven for one hour. Jam may be used when marmalade is not liked.

Cottage Pudding. One cup of sugar, one cup of milk. two eggs, 1 oz. butter, two teaspoonfuls of baking powder, half pound of Millennium flour and a little salt. Mix all well together, pour into buttered basin, boil for two hours.

Lemon Pudding. Half a teacupful of sugar, two lemons, two breakfastcupfuls of breadcrumbs, two eggs, and one cup of suet. Chop suet very fine, add the breadcrumbs, the rind of one lemon, the juice of two lemons strained, and sugar ; whip up two eggs. Mix well together ; should it not be quite moist enough, a little milk may be added. Steam for two hours and a half. This mixture may be baked for one hour and a quarter, with equally good results.

College Pudding. The yolks of four eggs, the whites of two, six ounces of sifted sugar, five ounces of warm Millennium flour. Whisk the yolks and sugar well together, and

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stir in the stiffly beaten whites, add the warm flour, and bake in greased cups or moulds about twenty to thirty minutes. The Puddings can be served hot or cold, and either with clarified sugar poured over, or they may be rolled in apricot jam and sprinkled with chopped almonds or cocoanut.

Matrimony Pudding. Pare and core one pound and a half of apples, and boil with three quarters of a pound of loaf sugar, the grated rind and strained juice of a lemon and the sixth part of a nutmeg; stir till they become a rich marmalade; then let it get cold. Make a custard as follows :—Moisten a tablespoonful of flour with half a gill of milk; boil a quarter of a pound of loaf sugar in half a pint of milk, and stir into it the flour while boiling, add four well-beaten eggs and half a gill of thick cream. Butter a pie-dish ; lay in the custard and marmalade in alternate layers till the dish is full ; bake in a quick oven for twenty-five minutes Serve hot or cold.

Red Currant Pudding. Make this pudding the day before it is wanted, and serve cold. Put some red currants and enough water to make plenty of juice into a saucepan and cook till quite tender. Add sugar to sweeten. Put some slices of bread in a basin, then a layer of fruit, which should be almost boiling. Continue the alternate layers till the basin is full, put a plate on top and a weight on the top of that. Leave it till the next day, then turn it out and serve with cream or boiled custard. This pudding can be made with different kinds of fruit.

Apple Sponge. Stew half a pound of apples, weighed after paring, add any flavouring you prefer, and six ounces of sugar. Soak half an ounce of gelatine in a tumbler of water, then stir it over the fire until thoroughly dissolved, add the apple pulp, mix well together. Beat the white of two eggs until very stiff, and then stir the whole thoroughly together. Pour into well greased mould, and turn out when cold. A few drops of cochineal improves the appearance. Serve with a custard made with the yolks of the eggs used.

Citron Pudding. Half pound of citron peel, quarter pound of brown sugar, one and a half ounces of chopped

almonds, three eggs, half pound of breadcrumbs, six ounces of suet, and half pound of carrots. Grate the carrots, chop the suet, shred the peel finely. Mix all the dry ingredients together, then add the yolk of eggs and whites well beaten. Stir well together, pour the mixture into greased basins or moulds, and boil for three hours.

Sweets

A Jelly. Half ounce of gelatine dissolved in rather less than half a pint of water and the juice of two lemons, the rind of one. Sweeten to taste. Add a half teacupful of sherry and the yolks of two eggs, well beaten, stir well. It must come nearly to the boil but not quite, or the eggs will curdle. Strain into a mould.

Tapioca Jelly. One cupful of best tapioca put to soak with a pint of cold water; when soft put in a saucepan with one cupful of sugar, the rind and juice of one lemon, a little salt, one pint more water; stir well until it boils; turn into a mould, set to cool; add one glass of wine if desired.

A rich boiled Custard. Take a small cupful from a quart of fresh cream, simmer the remainder a few minutes with four ounces of sugar and the rind of a lemon, or give it any other flavour that may be preferred. Beat and strain the yolks of eight eggs, mix them with a cupful of cream, and stir the rest boiling to them. Keep stirring the custard gently, but without ceasing until it begins to thicken; then move the spoon rather more quickly, making it always touch the bottom of the jug until the mixture is brought to the point of boiling, when it must instantly be taken from the fire, or it may curdle in a moment. Pour into a bowl, and keep it stirred until nearly cold; then add to it by degrees, a wineglassful of brandy and two ounces of blanched almonds.

Milk Blancmange. Take a quart of milk, an ounce of isinglass, two ounces of sugar, a little vanilla flavouring. Soak the isinglass in the milk for about an hour and boil

milk and sugar together. When well boiled add the vanilla. Pour into mould, let it stand all night. In addition to this a little cream added will be found to make the milk mould very much richer.

Creams

Creams. A delicious and nourishing preparation for convalescents. Beat the yolk of four eggs, three tablespoonfuls of sugar and the rind (grated lightly) and juice of a small lemon, or orange. Add a teaspoonful of powdered sugar to the whites of the eggs and beat until stiff. Place the vessel containing the beaten yolks in a pot of boiling water, cook gently stirring it all the time. When it begins to thicken stir in the whites of the eggs until thoroughly mixed, then put to cool. Serve in small glasses.

Chocolate Cream. Scrape into one quart of thick cream one ounce of chocolate, and a quarter of a pound of sugar, boil and beat it; when quite smooth take it off, and leave it to be cold, then add the whites of nine eggs. Whisk and take up the froth on sieves; serve the cream in glasses, putting the froth on the top,

Chocolate Cream with Gelatine. Soak one ounce of gelatine in half tumbler of water, two ozs. of the best chocolate menier well powdered, pint of milk. Beat the white of two eggs, until very stiff, add the yolks of two; boil the milk, chocolate and yolks of eggs together, take off the fire, and whisk in the whites. Pour into a mould, turn out when cold.

Spinach Cream. Beat the yolks of eight eggs with a wooden spoon or a whisk, sweeten a good deal; and put to them a stick of cinnamon, a pint of cream, three-quarters of a pint of new milk, stir it well, then add a quarter of a pint of spinach juice; set over a gentle stove and stir one way constantly till it is as thick as a hasty pudding. It is to be eaten cold.

Raspberry Cream. Dissolve three-quarters of an ounce of the best isinglass, and five ounces of loaf sugar in three-quarters of new milk, by boiling it slowly for ten

minutes; strain it into a basin, and add a pint of rich cream, with the juice of three-quarters of a pint of raspberries (put them in a saucepan with three ounces of loaf sugar, boil fast and skim for a quarter of an hour, then strain through muslin), turn it rapidly with a whisk till it begins to thicken. Dip a mould in cold water, put in the cream and place it on ice till firmly set. Turn out carefully.

Gooseberry Fool. Quart of gooseberries, topped and tailed, put into a stone jar with half-pound of loaf sugar, set the jar on a stove, or in a saucepan of water over the fire; if the former, a large spoonful of water should be added to the fruit to prevent burning. When it is done enough to pulp, pass it through a sieve; have ready a sufficient quantity of new milk, and half teacupful of cream (or an egg instead of the cream). Boil all together and set aside to cool.

Jams

When making Jam it is not generally known that boiling fruit a long time without sugar without a cover to the preserving pan, and skimming it well is very economical, because the bulk of the scum arises from the fruit, and not from the sugar. Boiling it without a cover allows the evaporation of the watery particles, and renders the preserve firm and well flavoured. The sugar should be added after skimming is completed. The proportions are:— Three-quarters of a pound of sugar to one pound of fruit. Jam may be made in this way with currants, strawberries, raspberries or gooseberries.

Orange Marmalade. Twelve Seville oranges, three lemons, water, sugar. Cut up the raw fruit very thinly, removing only the pips, weigh it, and to every pound add one quart of water, let it stand all night; put the pips in a basin with a pint of boiling water, and next morning strain and add to the rest. Boil until tender (about two or three hours). Again let it stand all night, weigh it, and to every pound add 1¼ lbs. loaf sugar. Boil for about an hour until it jellies.

Cookery Measures

It is so much easier to measure ingredients than to weigh them that the housewife saves time and work by acquainting herself with certain equivalent measures and weights. Here are certain details to which she can refer quickly and confidently.

"One cupful" of flour, milk, etc., means half a pint.

Two cupfuls of butter make one pound.

Two and a half even cupfuls of powdered sugar are one pound.

Two cupfuls (one pint) of water or milk make one pound.

Three cupfuls of Indian meal make one pound.

Four cupfuls of dry flour make one pound.

Ten eggs of ordinary size make one pound.

Two cupfuls of minced beef, packed closely, make one pound.

A gill of liquid is half a cupful.

One heaping tablespoonful of granulated sugar is one ounce.

Two heaping tablespoonfuls of flour make one ounce.

Two heaping tablespoonfuls of powdered sugar make one ounce.

Two heaping tablespoonfuls of ground coffee make one ounce.

One tablespoonful of milk, vinegar or brandy make one half-ounce.

The juice of an ordinary lemon is about a tablespoonful. A breakfast cupful of bread crumbs pressed, equals about four ounces. Very finely chopped suet, slightly heaped up, weighs about the same. A heaped breakfast cupful of brown sugar represents half a pound, and stoned raisins well pressed in weigh about the same.

Translation of Menu Terms

"Au Gratin"—Dishes covered with browned crumbs.

"Au Naturel"—Plain, simple. Potatoes cooked in their jackets are "au naturel."

"Bisque"— Soups made thick with mince and crumbs.

"Bouillon"—Clear Broth.

"Bouquet"—Herbs used in seasoning, rolled up in a spray of parsley and tied.

"Café au lait"—Coffee boiled with milk.

"Café noir"—Black coffee.

"Camembert"—A brand of fancy cheese.

"Canapé"—Toast with cheese or potted meat spread upon it. Sometimes made of pastry.

"Cannelon"—Meat stuffed, rolled up and roasted or braised.

"Capon"—A chicken castrated for improving the quality of flesh.

"Casserole"—A covered dish in which meat is cooked.

"Champignons"—French mushrooms.

"Chillies"—Red peppers.

"Chives"—A herb allied to the onion family.

"Chutney"—A hot acid sauce made from apples, raisins, tomatoes, cayenne, ginger, garlic, shalots, lemons, vinegar, salt and sugar.

"Comfitures"— Preserves.

"Compote"—Fruit stewed in syrup.

"Consommé"—Clear soup.

"Creole, A la"—With tomatoes.

"Croquettes"—A savoury mince of meat, fowl, fish, mashed potatoes, rice or other vegetables, made into shapes and fried.

"Croustade"—A kind of patty made of bread or prepared rice.

"Croutons"—Bread squares fried.

"Curries"—Stews of meat or fish, seasoned with curry powder and served with rice.

"De Brie"—A brand of fancy cheese.

"Demitasse"—A small cup; term usually applied to after-dinner coffee.

"Deviled"—Hot seasoning.

"Eclair"—Pastry or cake filled with cream.

"En Coquille"—Served in shells.

"Endive"—A plant of the composite family used as a salad.

"Entrées"—Small made dishes served between courses at dinner.

"Entremets"—Second course side dishes, including vegetables, eggs and sweets.

"Fillets"—Long thin pieces of meat or fish, generally rolled and tied.

Translation of Menu Terms

"Fines herbes"—Minced parsley, etc.
"Fondant"—Melting. Boiled sugar, the basis of French candy.
"Galantine"—Meat, boned, stuffed, rolled and boiled, always served cold.
"Glacé"—Iced.
"Glaze" Stock boiled down to a thin paste.
"Grilled"—Broiled.
"Gruyére"—A brand of fancy cheese.
"Hors d'œuvres"—Relishes.
"Julienne"—A clear soup with shredded vegetables.
"Marrons"—Chestnuts.
"Mayonnaise" A salad dressing made of oil, the yolks of eggs, vinegar or lemon juice, salt and cayenne.
"Menu"—Bill of-fare.
"Meringue"—The white of eggs whipped to a froth with powdered sugar.
"Mousse"—Ice cream made from whipped cream.
"Noodles"—Dough, cut into strips or other shapes, dried and then dropped into soup.
"Nougat"—Almond candy.
"Paprika"—Hungarian sweet red pepper.
"Pâté"—Some preparation of pastry, usually a small pie. Hence "patty-pans."
"Pâté de foie gras"—Small pie filled with fat goose liver.
"Pimolas"—Small olives stuffed with sweet red pepper.
"Piquante"—Sharply flavored, as "sauce piquante."
"Potage"—A family soup.
"Potpourri"—A highly-seasoned stew of meat, spices, vegetables and the like; a Spanish dish.
"Purée"—Vegetables or cereals cooked and rubbed through a sieve to make a thick soup.
"Ragout"—Stewed meat in rich gravy.
"Rissoles"—Minced meat, made into rolls covered with pastry or rice, and fried.
"Roquefort"—A brand of fancy cheese.
"Rôti"—Roasted.
"Salmi"—A warmed-over dish of game, well seasoned.
"Sauté"—To fry lightly in hot fat or butter, not deep enough to cover the thing cooked.
"Scalpion"—A mince of poultry, ham, and other meats used for entrées.
"Sorbet"—Frozen punch.
"Soufflé"—A "trifle" pudding, beaten almost as light as froth, then baked quickly.
"Supreme"—White cream gravy made of chicken.
"Tartare"—As a "sauce tartare"—tart, acid.
"Timbale"—A small pie or pudding baked in a mold and turned out while hot.
"Veloute"—A smooth white sauce.
"Zwieback"—Bread baked twice.

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Household Hints

The necessity of marking linen. In these days of scientific knowledge on the spread of disease caused by infection, it behoves every householder to guard against the infection which may possibly be communicated through household linen being inadvertently changed, even in the best regulated laundries, whereby articles from a household where there may be a tendency to such contagious ailments as Asthma, Bronchitis, Tuberculosis, or even an ordinary cold, may find their way into other households and thus communicate infection. One cannot always be sure that all linen is sufficiently sterilised in the process of washing to effectually kill all the germs which may lurk in the linen of infectious persons, and the only safe way to guard against things sent to a laundry being accidentally changed, is to make a point of systematically marking every piece of linen sent to a laundry with a good marking ink. This entails very little trouble, and the benefit derived in many ways from adopting this practice is out of all proportion to the small amount of trouble it involves.

A gas-stove wrinkle. In order to save expense when using a gas-stove, place over the top of the stove a piece of sheet-iron, just large enough to cover it. Turn on one burner only, and enough heat will be diffused to cook a whole dinner. Whatever requires the greatest heat should be put directly over the burner.

Nursery furniture should never be upholstered as it creates and holds dust. A rug is also an unnecessary article, and an endless source of falls. Have the corners of the table well rounded off, place the lamp on a high bracket, and have a high fender if you wish your children to escape many of the nursery accidents.

Sometimes one desires to change the air of a room in, as it were, double-quick time. Then the plan is to open the

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window wide and to open the door and to swing it backwards and forwards very quickly, making it serve as a sort of fan.

Spring Cleaning.

The effect of the transition from the dark, cheerless and Winter days to the brilliant sunshine, warmth and freshness of Spring sets the whole of nature astir. The Winter pallor leaves the cheeks and yields to a healthier looking colour, lassitude gives place to vigour and health, the sombre, thick and ungainly garments are shed and laid aside, and the personal appearance of young and old is made gay and mirthful when rosy May comes in with flowers.

So, to imitate the inspiration of the springtide sun, decorative and cleansing agents are at work outside and inside the home to keep it in uniformity and harmony with nature's external surroundings. Just as in the personal appearance there is an improved tone and nutrition, so in every well-regulated home effort is made to brighten, cleanse and cheer, after the wasting and devitalising influences of the unpropitious Winter.

It would be difficult to estimate the good which a bright, sunny Spring brings in its train, what epidemics and diseases it may avert, for it is fatal to the lurking germs which may have accumulated through the dark Winter days. Its whole influence is to purify. It purifies the streams, the air, the vegetation of the world, and all things that are alive. "God said let there be light, and there was light." It is but another name for life. When light ceases nature will die. The very enjoyment and stimulation which sunshine imparts is due to the giving out of heat and light from the great luminary. When that is exhausted life, as is now understood, must cease to exist.

A piece of camphor kept with the silver which is not in constant use, will keep it from tarnishing.

Coffee is a good disinfectant. A little burned on hot coals will purify a sick room and abolish bad smells.

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When Soiled or Stained

Dresses, Blouses, Curtains, Carpets —no matter how badly soiled or stained — can be successfully cleaned by the famous Achille Serre Process. It is harmless to the most delicate fabric, saves unpicking and takes but four days.

All goods cleaned by us are treated with a special finish which makes them look equal to new and keeps them clean longer than when this finish is not employed

Write for Price List and Address of Nearest Branch

Achille Serre Ltd.

Hackney Wick, London.

Branches and Agents Everywhere.

Wipe all knives in paper before washing them, and they should be cleaned as soon as washed by rubbing them with a cork dipped in very slightly moistened knife powder, and then dusted.

How to remove Stains. Simple stains caused by farinaceous foods, sugar, soap-suds and similar substances can be removed from the clothing quite easily if due care is taken and the following directions are adhered to.

First place the stained part of the material on a piece of glass, the back of a dish or some other hard, smooth surface. If there is any difficulty in obtaining such a surface, form a pad beneath the material by folding a clean duster under the stained part. Then, using a clean sponge moistened with luke-warm water, sponge the stain lightly; taking care to avoid damaging the face of the cloth which would naturally suffer, if, say, a brush were used. If the water alone is found insufficient to remove the stain rub a little good soap on the sponge. This must be well rinsed out afterwards by frequent applications of clear water. Having removed the stain successfully, commence to dry the material by patting and dabbing it gently. *Do not rub* as the friction caused by doing so will probably spoil the surface of the material.

This treatment will remove any loose moisture remaining and the material should then be allowed to dry naturally. It is possible, however, that a dark line will remain round the place where the stain has been. To prevent this, cover the dampened portion, lightly, with Plaster of Paris or Fuller's Earth. Put just sufficient on to hide the moistened part; being careful to see that the line dividing the wet and dry parts is well covered. After a few hours the cloth will be quite dry and the powder can be brushed out.

The removal of stains caused by wine, medicine, ink, coffee or by grease in any form, should not be attempted in the home. They require special treatment by expert

ENAMELINE

THE MODERN STOVE POLISH

Quickly produces a brilliant *black* polish on stoves and grates with LITTLE LABOUR & WITHOUT DUST

BRASSO

METAL POLISH

In Sprinkler Top Tins

Easy— Quick— Economical

A High-Class Polish for every kind of Metal

cleaners and amateur efforts are likely to make them worse; perhaps so bad that they cannot even be removed by an expert. The colour of the material, too, should be considered as, if it is not absolutely fast, it will be taken out along with the stain and leave a mark as unsightly as the stain itself. Many a beautiful gown has been completely spoiled in this way, so it is wiser to leave this class of work to experienced craftsmen equipped with proper facilities.

The careful housewife should supply her servant with a paste blacklead for cleaning stoves and grates. It is much superior to the packet blacklead as it is ready for use and, therefore, does not require mixing with water, and it polishes quicker. This means a saving of the servant's time. It is also cleaner as there is no fine dust to fly about the room and settle on pictures, gas and electric light fittings, etc. This is an important matter in houses decorated in the light tints which are now so fashionable, and reduces the work of dusting and cleaning.

Liquid metal polish. Of late years liquid metal polish has taken the place of a paste for cleaning brass and other metal articles found in the home. Obtain a tin of one of the leading makes of liquid metal polish. Sprinkle a few drops on a cloth and rub on the article to be cleaned. Then polish with a dry cloth. The result is a beautiful, bright polish, which only requires a rub over with a dry cloth occasionally to retain its lustre for a considerable time. It is necessary, however, to purchase a good make of polish to obtain the best results.

The work of starching has been much reduced of recent years. Instead of having to purchase several ingredients and mix them together in the proper proportions, with the attendant loss of time and danger of putting in too little of one or too much of another, starch can now be purchased everywhere ready for use except for the addition of water. In cold water starching it is desirable to see that the starch is thoroughly well dissolved before using. If

On the paint again

Dirt comes on paint as quickly as it comes on baby's hands—but off it goes in a moment with the wipe of a Zoggy cloth.
It's so easy to Zog the paint that the very sight of any dirty mark will make you want to

Zog it off

Don't scrub, scrubbing scratches. Always Zog the paint. Mix a little Zog with water into a thin paste, use a little of the mixture on a wet cloth, and wash off with clean damp leather, cloth or sponge—and the paint is like NEW.

Use Zog on the doors, stairs, window-frames, etc.

Use Zog for the bath, mirrors and china, too.

Zog cleans paint

Sold by all Grocers, Ironmongers, Chemists and Stores in 10½d. and 6d. tins.

ZOG, LTD., 6a, Middlesex Street, London, E.

Ask your dealer for

"PINK ZOG" for Silver, Electro, &c.

A creamy paste ready for instant use in convenient 6d. tubes.

Try it and you'll always use it.

possible, mix it a little while before it is required. It will be found that the linen possesses the desired stiffness and a beautiful gloss. For hot water starching mix with boiling water and it is ready at once.

When washing valuable china or cut glass, it is a good plan to place a heavy Turkish towel at the bottom of the basin. This prevents all danger of the china or glass getting chipped.

Kettles may be thoroughly cleaned by boiling a few potato peelings in them. They should be afterwards thoroughly rinsed.

Shelves for delicate china may have pads of felt to prevent chipping the dishes. When fragile plates must be piled on one another, a small plain d'oyley placed between them will save breaking.

To clean an umbrella. If your umbrella falls into the mud and you cannot brush the dirt off, the best way is to wash it with a nice soap-lather. First grease the inside wires to prevent them from rusting, then proceed to wash cover, scrubbing dirty parts with a soft brush; next, rinse it with cold water inside and out and hang in sun to dry. The umbrella must be kept up all the time. It will look quite new when done.

Marble mantelpieces will look like new after this treatment. Dissolve an ounce of soda in a quarter of a pint of water and add to it enough whiting to make a paste Rub this well into the marble, and when dry wash it off with clean water.

To take ink out of boards apply spirit of salts to the stains with a piece of rag. Afterwards well wash with water.

Nothing can be done at once hastily and prudently *Publius.*

No man can produce great things who is not thoroughly sincere in dealing with himself *Lowell.*

Great men are they who see that spiritual is stronger than any material force; that thoughts rule the world ... ... *Emerson.*

Servants' Wages Table.

Per Year.	Per Month.	Per Week.	Per Day.
£ s.	£ s. d.	£ s. d.	s. d.
1 0	1 8	4½	¾
1 10	2 6	7	1
2 0	3 4	9¼	1¼
2 10	4 2	11½	1¾
3 0	5 0	1 1¾	2
3 10	5 10	1 4¼	2¼
4 0	6 8	1 6½	2¾
4 10	7 6	1 8¾	3
5 0	8 4	1 11	3¼
5 10	9 2	2 1½	3¾
6 0	10 0	2 3¾	4
6 10	10 10	2 6	4¼
7 0	11 8	2 8¼	4½
7 10	12 6	2 10½	5
8 0	13 4	3 1	5¼
9 0	15 0	3 5½	6
10 0	16 8	3 10¼	6½
11 0	18 4	4 3¾	7¼
12 0	1 0 0	4 7½	8
13 0	1 1 8	5 0	8½
14 0	1 3 4	5 4½	9¼
15 0	1 5 0	5 9¼	9¾
16 0	1 6 8	6 1¾	10½
17 0	1 8 4	6 6½	11¼
18 0	1 0 0	6 11	11¾
19 0	1 11 8	7 3½	1 0½
20 0	1 13 4	7 8¼	1 1¼
25 0	2 1 8	9 7	1 4½
30 0	2 10 0	11 6½	1 7¾
40 0	3 6 8	15 4½	2 2¼
50 0	4 3 4	19 2¾	2 9
60 0	5 0 0	1 3 1	3 3½
70 0	5 16 8	1 6 11	3 10
80 0	6 13 4	1 10 9¼	4 4½
90 0	7 10 0	1 14 7½	4 11¼
100 0	8 6 8	1 18 5½	5 3¾

Ready Reckoning

Quantity	1½d.		2d.		2½d.		3d.		3½d.		4d.		4½d.	
	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.
2	0	3	0	4	0	5	0	6	0	7	0	8	0	9
3	0	4½	0	6	0	7½	0	9	0	10½	1	0	1	1½
4	0	6	0	8	0	10	1	0	1	2	1	4	1	6
5	0	7½	0	10	1	0½	1	3	1	5½	1	8	1	10½
6	0	9	1	0	1	3	1	6	1	9	2	0	2	3
7	0	10½	1	2	1	5½	1	9	2	0½	2	4	2	7½
8	1	0	1	4	1	8	2	0	2	4	2	8	3	0
9	1	1½	1	6	1	10½	2	3	2	7½	3	0	3	4½
10	1	3	1	8	2	1	2	6	2	11	3	4	3	9
11	1	4½	1	10	2	3½	2	9	3	2½	3	8	4	1½
12	1	6	2	0	2	6	3	0	3	6	4	0	4	6
13	1	7½	2	2	2	8½	3	3	3	9½	4	4	4	10½
14	1	9	2	4	2	11	3	6	4	1	4	8	5	3
28	3	6	4	8	5	10	7	0	8	2	9	4	10	6
56	7	0	9	4	11	8	14	0	16	4	18	8	21	0

Quantity	5d.		5½d.		6d.		6½d.		7d.		7½d.		8d.	
	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.
2	0	10	0	11	1	0	1	1	1	2	1	3	1	4
3	1	3	1	4½	1	6	1	7½	1	9	1	10½	2	0
4	1	8	1	10	2	0	2	2	2	4	2	6	2	8
5	2	1	2	3½	2	6	2	8½	2	11	3	1½	3	4
6	2	6	2	9	3	0	3	3	3	6	3	9	4	0
7	2	11	3	2½	3	6	3	9½	4	1	4	4½	4	8
8	3	4	3	8	4	0	4	4	4	8	5	0	5	4
9	3	9	4	1½	4	6	4	10½	5	3	5	7½	6	0
10	4	2	4	7	5	0	5	5	5	10	6	3	6	8
11	4	7	5	0½	5	6	5	11½	6	5	6	10½	7	4
12	5	0	5	6	6	0	6	6	7	0	7	6	8	0
13	5	5	5	11½	6	6	7	0½	7	7	8	1½	8	8
14	5	10	6	5	7	0	7	7	8	2	8	9	9	4
28	11	8	12	10	14	0	15	2	16	4	17	6	18	8
56	23	4	25	8	28	0	30	4	32	8	35	0	37	4

Quantity	8½d.		9d.		9½d.		10d.		10½d.		11d.		11½d.	
	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.
2	1	5	1	6	1	7	1	8	1	9	1	10	1	11
3	2	1½	2	3	2	4½	2	6	2	7½	2	9	2	10½
4	2	10	3	0	3	1	3	4	3	6	3	8	3	10
5	3	6½	3	9	3	11½	4	2	4	4½	4	7	4	9½
6	4	3	4	6	4	9	5	0	5	3	5	6	5	9
7	4	11½	5	3	5	6½	5	10	6	1½	6	5	6	8½
8	5	8	6	0	6	4	6	8	7	0	7	4	7	8
9	6	4½	6	9	7	1½	7	6	7	10½	8	3	8	7½
10	7	1	7	6	7	11	8	4	8	9	9	2	9	7
11	7	9½	8	3	8	8½	9	2	9	7½	10	1	10	6½
12	8	6	9	0	9	6	10	0	10	6	11	0	11	6
13	9	2½	9	9	10	3½	10	10	11	4½	11	11	12	5½
14	9	11	10	6	11	1	11	8	12	3	12	10	13	5
28	19	10	21	0	22	2	23	4	24	6	25	8	26	10
56	39	8	42	0	44	4	46	8	49	0	51	4	53	8

Useful to know

To make gilt frames clean and bright, boil 1 lb. of onions in a quart of water till the liquid is reduced to a pint, then mix 1 oz. of flower of sulphur with it. When cold apply with a camels'-hair brush.

To preserve boots wash them with a little soap before cleaning with the polish. By washing the boots before applying the polish, it will prevent the leather from cracking.

A capital cleanser for varnished or stained woodwork is that of tea-water. This may be made by pouring boiling water on used tea-leaves. The tea-water loosens the dirt quickly.

To take stains out of linen, many would be glad to know that two or three slices from a good large lemon put into a boiler on washing-day with white linen will make it beautiful and white, and get all stains out of the pocket handkerchiefs and children's pinafores. Cut a lemon with the rind on, and let it remain in the boiler.

A letter closed with the white of an egg cannot be opened by the steam of boiling water, as the heat only adds to its firmness.

To clean cretonne chair covers, put some clean bran in the oven and leave it until it is quite hot. Then take some in the palm of the hand and rub into the cretonne with a circular movement. Keep using fresh bran until the whole chair has been thoroughly gone over, when an excellent result will be obtained.

When washing red bordered covers or quilts, dissolve a little borax in the water in order to preserve the colour.

Oileloth should never be washed in soapsuds, as the soap loosens the paint and spoils the varnish. Clear water will answer, but a little skim milk added to the water will greatly improve it.

Steel shoe buckles can be successfully cleaned with emery powder when they have become rusty and tarnished. The best way of brightening the intricacies of cut steel is to put the ornament into a bag of emery powder. This should be well shaken and rubbed between the hands until the rust is removed.

To clean suede gloves. Fuller's Earth is excellent for cleaning suede or doeskin gloves. Put the gloves on the hands, and rub the earth in well with a small soft brush. An old nail or tooth brush answers the purpose admirably. Some people use a mixture of the earth and powdered alum in equal quantities, and others use bread-crumbs.

Boiling Artichokes. A teaspoonful of vinegar in the water in which artichokes are boiled, will prevent them from turning black.

To stop a leak in a gas or water pipe, beat some whitening up into some yellow soap. Well rub into the leak and it will stop it when other things have failed.

To clean black cloth or serge, take a large handful of ivy leaves, steep like tea in boiling water, and leave until cold. Sponge the material with this infusion, and it will be both clean and revived.

To remove a splinter. When a splinter has been driven deep into the hand, it can be extricated without pain by steam. Nearly fill a wide-mouthed bottle with hot water, place the injured part over the mouth of the bottle and press lightly. The suction will draw the flesh down, and in a minute or two the steam will extricate the splinter and inflammation together.

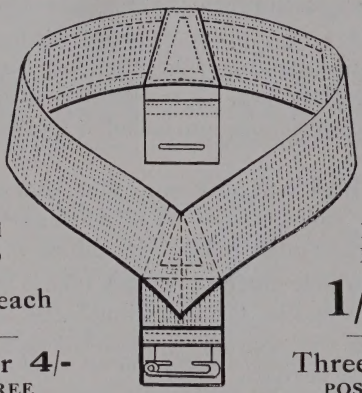
To remove tarnish from silver. A little rouge-powder mixed with a few drops of water will remove stains of tarnish from silver or plated articles, but should only be used occasionally. It may be used for polishing mirrors with excellent results.

The value of honey. Honey, one of the most nutritious and delicate of foods, should be eaten more than it is. It is a good preventative of sore throat and bronchial troubles.

The "V-ON"
Sanitary Belt

WORN UNDER THE UNDERWEAR

DURABLE **ADAPTABLE**



Quality
A
All Medical
Elastic Web

1/6 each
— or —
Three for **4/-**
POST FREE

Quality
B
Part Medical
Elastic Web

1/- each
— or —
Three for **2/6**
POST FREE

SPECIALLY MANUFACTURED ON HYGIENIC & SCIENTIFIC PRINCIPLES

FORM-FITTING, COMFORTABLE, WASHABLE

SERVICEABLE and SECURE

NO BUCKLES, BUTTONS OR FASTENINGS

DIRECTIONS.—Before putting on any under-garment, step into the Belt and draw up over hips.

SEND CROSSED POSTAL ORDER TO THE SOLE PROPRIETORS

J. RICHE & CO.,

8 WOOD STREET, LONDON, E.C.

Send order addressed to Manageress and state actual waist measurement

Waistbands for assisting in the application of Dressings to the lower part of the trunk are numerous and varied in quality and character, in various countries, tribes, and climates.

The Aborigines use beads of various colours, to which dressings may be attached, and in civilised places, bandages of various shapes and forms, and bands of every conceivable quality of discomfort.

The modern plan is to have a properly adjusted belt, and one that has been brought to my notice as of very special service to women, is known as the "V-ON" Belt, which makes the application of dressings and other requirements for the body quite comfortable and easy.

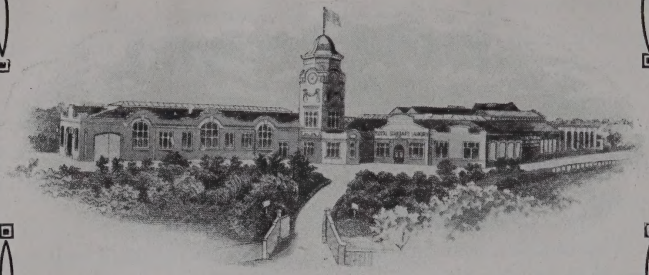
Never rub dry velvet that has been spotted with rain. Shake the velvet lightly and then leave it. The water will probably evaporate and show no mark; whereas if rubbed the pile will not rise and the spots will remain.

Cut flowers may be kept fresh for a long time by placing their stems in a potato. Bore holes with a skewer and fix in the flowers. Stand the potato in a flower-bowl—no water is required.

A tidy doorstep—After washing the stone it could be painted over with a mixture made with half-a-pint of skim-milk and a little quicklime. This will dry so firmly that it will not be washed off easily.

Clogged bath or basin. When a pipe from a lavatory basin or a bath becomes clogged with soap, mix a handful of soda and a handful of common salt together and force it down into the pipe. Leave this for half-an-hour, then pour down a large kettle full of boiling water, afterwards rinsing the pipe thoroughly with warm water.

To keep mice away. Cayenne pepper is an excellent means of ridding a cupboard of mice. The floor should be gone over carefully, and each hole stopped up with a piece of rag dipped in water, and then in cayenne pepper.



The Royal Standard Laundry
CHISWICK

after a further enlargement has accommodation for a number of . . . additional families. . . .

THIS Laundry is unsurpassed by any in the Kingdom for its large, light, airy and well ventilated rooms and for its fine, open and convenient situation. The work is done under conditions which are happy for the workers and good for the work.

The laundry methods in operation are unique, inasmuch as they not only produce the most perfectly laundered work but also preserve the life of the linen many times, as compared with ordinary laundry methods.

Intending customers are cordially invited to inspect the conditions under which the work is carried on.

Work collected from all parts of London.
Booklet and Price List free on request.

ROYAL STANDARD LAUNDRY
CHISWICK PARK, W.

Telephone: 139 Hammersmith. Tel. Address: Standard Laundry, Chiswick

Hygienic Laundries.

Analagous, in some respects, to spring-cleaning is the cleansing of clothes. The greatest skill and cleanliness should be exercised in dealing with the wearing apparel, alike in institutions and in private families. Great difficulty is frequently experienced in large towns in finding a suitable laundry. In certain parts of London, for example, devoted to laundry work, the washing is done in miserable hovels only partially prepared and equipped for this work. The proprietors are untrained, and are not very particular in what they add to the clothes to effect what they call cleansing, and it is of common occurrence that the clothes returned white looking, are shrivelled, shrunk and rotten, from the misuse of chemical ingredients. Laundry work is now being conducted on a large scale by many companies, who have periodical inspections by properly qualified medical men. This is as it should be for the safety and protection of the public. They should satisfy themselves, before giving out their clothing, that the conditions under which they are to be dealt with are hygienically suitable. Time devoted to an inspection of the conditions under which the laundry work of a family is carried on would be well spent, if one is able to be convinced thereby that no danger of contamination is likely to be present, and that the conditions under which the work is done are such as would prevent the occurrence of anything untoward.

When cleaning knives. Warm the board slightly before sprinkling the bath-brick or polish upon it. The knives will clean in about half the time.

When boiling potatoes. Add a pinch of sugar as well as salt. This makes them dry and floury looking when cooked.

When washing thin tumblers and other glassware in hot water, place each in the water sideways. No matter how hot the water may be, the glasses will not crack if this precaution is taken.

"Everything on a Singer"

That's the charm of the 'Singer' and its new attachments; you can do 'everything'—Plain Sewing, Tucking, Ruffling, Braiding, Hemming, Darning, Binding, Felling —and do them all as well as they can be done.

A home without a 'Singer' is not fully equipped.

WHY NOT GET ONE NOW?

When a 'Singer' will last a lifetime; when it saves time, money, and labour, day in, day out; when it may be had from £3 upwards; when you can test it absolutely free of cost; when easy payments will gladly be arranged—where's the reason for being without one of the world-famous

SINGER
Sewing Machines

The latest and best Treadle Machine is the Singer '66'
The newest and most perfect Hand Machine (lightest, quietest, easiest to run) is the Singer '99'

SINGER SEWING MACHINE CO., LTD.
In any Town.

Hints on Sewing Machines

A good sewing machine should be in every home and seldom idle. It will save an infinite amount of tedious labour and time, and is one of the most profitable investments a thrifty housewife can make. A good machine will last a lifetime, and with the aid of the attachments some wonderful work can be done on it, such as ruffling, tucking, hemming, braiding, binding, etc., as well as beautiful embroidery.

A sewing machine must be kept clean to be in perfect running order. This is an easy matter if benzine is applied occasionally in the same way as oil: work well in and rub off carefully with a piece of old linen, then lubricate with an oil which is specially prepared for sewing machines. Common oil should never be used for the purpose as it only clogs the working parts, causing them to run hard.

Keep the machine in a dry place; if a treadle machine is used slacken the driving belt when not in use.

To remove coffee stains from satin. The following will be found successful in removing coffee stains from satin, silk, voile, etc., even if milk has been used in the coffee. Soak the material that has been stained, with pure glycerine. Rub gently with a soft clean cloth, then rinse in warm water, cover with a cloth and iron gently over the wet portion until dry.

To preserve oilcloth. If oilcloth is occasionally rubbed with a mixture of beeswax and turpentine it will last longer.

To whiten ivory handles of table-knives rub them the way of the grain with a little moist whitening on a soft flannel. A little ammonia and water will take out stains made by perspiration; after applying, wash the material in clean cold water. To clean a saucepan in which anything has been burnt, fill with wood ashes and water and let it stand aside for a few hours, when it can be cleaned without any trouble.

¶ You wish to do the best for your child, don't you ?

Then take out one of the special policies for children issued by the

Prudential Assurance Company, Limited

PROVIDING

Marriage portions for girls,

Capital for boys starting business,

Cash for educational purposes,

or

Deferred Assurance at less than half the premium required at age 21

Apply for Prospectus to any of the 20,000 *Representatives, or to the Chief Office, Holborn Bars, E.C.*

Assurance is a necessity in the average household, and the man who neglects to assure risks bringing his family to want, or, what in some cases is worse, to dependence on the charity of relatives. In these days no home is safe if the breadwinner has failed to take out a life assurance policy.

There is no trouble in taking out a policy of assurance, as policies of every description are issued which combine a remunerative and safe investment with insurance. If desired, an income for life can be secured instead of a sum at death.

When packing hats, sew the hat to the bottom of the box. Simply thread a strong needle with cotton, put the needle right through the box and also through the hat. A few firm stitches will keep the hat in position, and though the box may be turned upside down the hat will not move.

When ironing sheets, instead of spreading out the sheet to iron, fold it in half, then quarter, and lay it on the ironing board as though to iron. Now iron the rest of the clothes on the top of the sheet, turn it occasionally so as to reach every part, then fold it and begin on another sheet. In this way the sheets are ironed with very little trouble.

When washing tumblers, use quite cold or really hot water. If hot water be used it will be necessary to first rinse in cold water any glasses that have contained milk, for if this is neglected the glasses will be cloudy.

When the cane chair seats are out of shape, turn up the seats and with hot water and soap wash the canework until thoroughly soaked, and leave the chairs to dry upside down in the air, when the seats will become firm and tight again.

To keep saucepans bright. If you have to use a bright clean saucepan over a smoky fire, smear a little grease over the bright part before putting it on. This prevents the smoke from hurting it, and if you wash it in hot soapy water afterwards it will be as bright again as ever.

ALWAYS IN SEASON

PEEK FREAN'S BISCUITS

PEEK, FREAN & CO., LTD., are the celebrated London Biscuit Manufacturers whose productions are known all over the world. Such well known kinds as Pat-a-Cake, Shortcake and Teddy Bear were introduced by them and they may rightly claim the title of Biscuit Specialists.

The High Class Quality of their manufactures is attested by the fact that they hold

21 ROYAL APPOINTMENTS
AND
32 PRIZE MEDALS

Foods in Season

FISH

Bass - - May to September
Bloaters - All the year round
Brill - May to December
Carp - - July to December
Codfish - September to April
Crabs - All the year round
Crawfish - May to July
Crayfish - July to December
Flounders August to May
Gurnets - Mar. to December
Haddocks - All the year round
Hake - - May to September
Halibut - May to January
Herrings - Aug. to February
Lobsters - All the year round
Mackerel Feb. to October
Mullet (red) July to October
do. (grey) July to October
Oysters (native) Sept. to April
Perch - July to February
Pike - - July to February
Plaice - May to January
Prawns - April to August
Salmon Feb. 1st to Sept. 7th
Sea Bream July to September
Shrimps - April to September
Smelts - October to May
Soles - June to February
Sprats - Nov. 9th to April
Tench - July to February
Trout Feb. 1st to Sept. 7th
Turbot - May to December
Whitebait March to August
Whiting - May to January

POULTRY AND GAME.

Capons - All the year round
Chickens - All the year round
Ducks - Aug. to February
Ducklings March to August
Fowls - All the year round
Geese - Sept. 15th to Feb.
Goslings - Feb. to September
Hares - August to March
Pigeons - All the year round
Rabbits - All the year round
Turkeys - Sept. to March
Woodcock August to March

VEGETABLES.

Asparagus March to August
Brussels Sprouts September to April
Cabbages - April to October
Cauliflowers Aug. to Dec.
Celery - Sept to March
Cucumbers May to July
French Beans Aug. to Oct.
Leeks - All the year round
Lettuces - December to May
Mushrooms April to Sept.
Parsnips - Sept. to April
Peas (English green) August to October
Scarlet Runners July to November
Seakale - December to May
Spinach - March to Dec.
Tomatoes - All the year round
Turnip Tops Nov. to January
Vegetable Marrows September to November

Registration of Births

Personal information must be given to the Registrar of the District by the Mother or Father of the child, and failing them, it must be given by the occupier or an inmate of the house where the birth takes place, or by a person present at the birth. The notice must be given within forty-two days. Failure to register the birth of a child, renders the person responsible for such failure liable to a penalty of forty shillings.

If more than three months elapse, it cannot be registered except in the presence of the Superintendent Registrar, and on the payment of fees, which amount to 5/-. The registration of a birth should never be neglected as it is the only legal proof of age.

Vaccination

Every child must be vaccinated within six months of its birth. The person responsible for having this done is the parent of the child, or the person who has the custody of it. The vaccination may be carried out by a private doctor, or by the Public Vaccinator for the district in which the child is born. It is the duty of the Public Vaccinator when required by the parent of a child, to visit the home and vaccinate the child free of charge. Should a child not be vaccinated within four months, the Public Vaccinator gives twenty-four hours' notice of his intention to visit the home for the purpose of vaccinating the child.

The parent or guardian is liable to a penalty under the Vaccination Act (1898) for failing to have the child vaccinated, unless within four months of the birth a statutory declaration is made that such parent or guardian conscientiously believes that vaccination would injure the health of the child, and this declaration must be delivered to the Vaccination Officer of the district.

The Law of Master & Servant

The relation of master and servant is one of contract, the master agreeing to hire the servant and to pay the wages agreed upon, and the servant agreeing to serve the master. The contract should properly be in writing if it is intended to extend over any length of time, and should be signed by both parties. If a servant is employed under an agreement by the day or month or year, the servant must complete the term of the contract before any action for wages can be brought against the master.

A master may discharge a servant without any notice for misconduct, or for being absent when wanted, or for disobeying reasonable orders, or for dishonesty, drunkenness or gross misconduct. If a servant is engaged by the month or for any other period and is dismissed during such period for misconduct, the wages for that period cannot be recovered, nor even for the time which has already been served, as the wages are only due at the end of the period for which the servant is engaged. If it is desired to make a servant liable for breakages or articles lost, it ought to be expressly stated so at the time of the engagement, and if this is not done a careless servant cannot be made liable for breakages.

A master is not legally liable for medical attendance unless he has rendered himself responsible by sending for the doctor or by agreeing to pay the doctor who attends the servant.

If a master has a good reason for dismissal, he need not state it to the servant; it is sufficient if the reason exists.

A servant who is dismissed without proper cause can bring an action for damages against the master, and will be entitled to recover the wages which would have been due at the end of the period of engagement if proper notice had been given.

National Health Insurance

The National Health Insurance Act came into operation on the 15th July, 1912.

Contributions

The Insurance fund is raised by contributions from the employers and the workmen, by means of stamps affixed to a contribution card which can be obtained from any Post Office or Approved Insurance Society, and contribution is also made by the State, as follows :—

Employers	3d.	a week.
Men	4d.	,,
Women	3d.	,,
State	2d.	,,

So that in the case of men the whole sum amounts to 9d. a week, and in the case of women to 8d. a week.

Where the workman or workwoman is 21, and the remuneration does not include board and lodging, and does not exceed 1/6 a day, the employee contributes nothing and the rate is as follows :—

Employers	For men ...	6d.	a week.
	For women	4d.	,,
State		3d.	,,

When the remuneration exceeds 1/6, but not 2/- a day, the rate is as follows :—

Employers	For men ...	5d.	a week.
	For women	4d.	,,
Workman		1d.	,,
State		3d.	,,

When the remuneration exceeds 2/-, but not 2/6 a day, the rate is as follows :—

Employers	For men ...	4d.	a week.
	For women	3d.	,,
Workman		3d.	,,
State		2d.	,,

The employer has to pay both his own contributions and those of the workmen, and may recover the workmen's amounts by deducting them from the wages or otherwise.

If any employer has failed to pay any contributions which he is liable to pay in respect of an employed contributor, he is for each offence liable, on summary conviction, to a fine not exceeding Ten Pounds, and to pay a sum equal to the amount of the contributions which he has failed to pay.

If any insured person, without reasonable cause, fails to deliver a contribution card to the employer at the times required by the regulations, or is guilty of any other contravention of or non-compliance with any of the requirements of Part I. of the National Insurance Act, 1911, or the regulations made thereunder, in respect of which no special penalty is provided, they are for each offence liable, on summary conviction, to a fine not exceeding Ten Pounds.

Benefits.

The benefits conferred by the Act are: –Medical treatment, etc. Sanatorium benefit in the case of tuberculosis and other diseases specified by the Local Government Board. Sickness benefit by payments of 10/- a week in the case of men, and 7/6 in the case of women, from the fourth day after being rendered incapable of work, for not more than twenty-six weeks, which is only to begin after twenty-six weekly contributions have been paid.

Disablement benefit in the case of disease or disablement after the twenty-six weeks of sickness benefit by periodical payments of 5/- a week, which are only to begin after payment of 104 weekly contributions. These rates are reduced in the case of minors and persons over fifty, and in the case of married women.

Maternity benefit by payment of 30/- when the wife of an insured person, or an insured person is confined, which is only to be paid after twenty-six weekly payments, or in the case of a voluntary contributor fifty-two weekly payments have been made.

TICKETS for all THEATRES

Telephone: *ALFRED HAYS* { *3300 Avenue.*
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or—The West End Box Office { *877 Gerrard.*
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Theatre	*Address*
Covent Garden	Bow Street
Drury Lane	Drury Lane
His Majesty's	Haymarket
Haymarket	Haymarket
Garrick	Charing Cross Road
Lyceum	Wellington Street
St. James's	King St., St. James'
Criterion	Piccadilly
New	St. Martin's Lane
Wyndham's	Charing Cross Road
The Playhouse	Northumberland Avenue
Shaftesbury	Shaftesbury Avenue
Vaudeville	Strand
Comedy	Panton Street
Prince of Wales'	Coventry Street
Apollo	Shaftesbury Avenue
Lyric	Shaftesbury Avenue
Queen's	Shaftesbury Avenue
Gaiety	Strand
Adelphi	Strand
Daly's	Leicester Square
Duke of York's	St. Martin's Lane
Globe	Shaftesbury Avenue
Royalty	Dean Street
Kingsway	Gt. Queen St.
Strand	Strand
Aldwych	Aldwych
Little	John Street, Strand
Princes	Shaftesbury Avenue
London Opera House	Kingsway
Scala	Charlotte Street, W.
Palace	Shaftesbury Avenue
Savoy	Strand
Coliseum	St. Martin's Lane
Empire	Leicester Square
Alhambra	Leicester Square
London Pavilion	Piccadilly Circus
Tivoli	Strand
Oxford	Oxford Street
Palladium	Argyll Street
Hippodrome	Charing Cross Road

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Meaning of Names

MALES

Aaron	A lofty mountain
Abraham	The father of many
Adolphus	Happiness
Albert	Bright
Alexander	A helper of men
Alfred	Peace
Alphonso	Willing
Andrew	Courageous
Archibald	A bold observer
Arnold	Honorable
Arthur	A strong man
Augustus	Venerable
Barnaby	A prophet's son
Basil	Kingly
Benjamin	The son of a right hand
Bennett	Blessed
Bernard	Bear's Heart
Bertram	Illustrious
Cecil	Dim sighted
Charles	Noble
Christopher	Christlike
Clarence	Illustrious
Claude	Lame
Clement	Mild-tempered
Cuthbert	Famous
Cyril	Commanding
Daniel	God is judge
David	Beloved
Edgar	Happy honour
Edward	Happy Keeper
Edwin	Conqueror
Emmanuel	God with us
Ernest	Serious
Felix	Happy
Ferdinand	Peace
Francis	Free
Frederic	Rich peace
Gabriel	The strength of God
Geoffrey	Joyful
George	A husbandman
Gilbert	Bright
Godfrey	God's peace
Gustavus	A warrior
Guy	A leader
Harold	A champion
Henry	A rich lord
Herbert	A bright lord
Horatio	Worthy to be beheld
Hubert	A bright colour
Isaac	Laughter
Jabez	One who causes pain
Jacob	A supplanter
James or Jacques	Beguiling
Joseph	Addition
Julian & Julius	Soft-haired
Laurence	Crowned with laurels
Leonard	Strong
Leopold	Defender
Lionel	A little lion
Martin	Martial
Maurice	Sprung of a Moor
Oscar	Eager to fight
Oswald	Ruler of a house
Percival	A place in France
Peter	A rock or stone
Philip	A lover of horses
Ralph	Help
Reginald	Ruler
Richard	Powerful
Robert	Famous in counsel
Roderick	Rich in fame
Samuel	Heard by God
Simon	Obedient
Solomon	Peaceable
Stephen	A crown
Theobald	Bold
Thomas	A twin
Timothy	Godfearing
Vivian	Living
Walter	A conqueror
Wilfred	Peaceful
William	Defending many

Meaning of Names

FEMALES

Ada	Same as Edith
Agnes	Chaste
Alexandra	Defender of men
Alice, Alicia	Noble
Alma	Benignant
Amelia	Industrious
Amy, Amelia	A beloved
Anna, Anne	Gracious
Antoinette	Invaluable
Aurora	Morning brightness
Barbara	Strange
Beatrice	Making happy
Bella	Beautiful
Bertha	Famous
Blanche	Fair
Bridget	Shining bright
Carolina	Noble spirited
Catherine	Pure
Cecilia	From Cecil
Charlotte	Noble
Clara	Clear
Constance	Constant
Dinah	Judged
Dorothea	The gift of God
Edith	Happiness
Edna	Pleasure
Eleanor	All-fruitful
Elizabeth	The oath of God
Ellen	Another form of Helen
Emma	A nurse
Esther	Secret
Ethel	Of noble birth
Eva or Eve	Causing life
Flora	Flowers
Florence	Flourishing
Frances	Free
Gertrude	Truth
Gladys	A fair maiden
Grace	Favour
Hannah	Gracious
Harriet	Head of the House
Helen	Alluring
Hilda	Warrior maiden
Ida	Like a goddess
Irene	Peaceful
Isabella	Fair Eliza
Laura	A laurel
Letitia	Joy of gladness
Lilian	A lily
Mabel	Loveable
Margaret	A pearl
Martha	Bitterness
Mary	Bitter
Matilda	A lady of honour
May	Month of May
Millicent	A sweet singer
Miriam	Exalted
Olive	An olive
Phyllis	A green bough
Rachel	A lamb
Rebecca	Fat or plump
Rosa or Rose	A rose
Ruth	Beauty
Sarah	A princess
Selina	The moon
Stella	A star
Susan	A lily
Theodora	Given by God
Victoria	All-conquering
Viola	A violet
Vivien	Lively
Winifred	Winning peace

Postal Information

LETTER POST.

The prepaid rate of Postage is as follows:—

Not exceeding 4 oz. in weight ... 1d.
For every additional 2 oz. ... ... ½d.

A letter posted unpaid is chargeable on delivery with double postage; a letter insufficiently paid, with double the deficiency. The sender is legally liable for the charges.

No letter may exceed two feet in length, one foot in width, or one foot in depth.

HALFPENNY PACKET POST.

The Halfpenny Packet Post can be used only for packets not exceeding 2 oz. in weight.

Printed or written matter not in the nature of a letter, and printed or written on paper or some substance ordinarily used for printing or writing, may be transmitted by the halfpenny packet post.

PARCEL POST.—Rates and Weight.

The rates of Postage on parcels are as follows:—

	s.	d.
For a parcel not exceeding 1 lb. in weight	0	3
,, ,, exceeding 1 lb. in weight and not exceeding 2 lb.	0	4
,, ,, ,, 2 lb. ,, ,, ,, 3 lb.	0	5
,, ,, ,, 3 lb. ,, ,, ,, 5 lb.	0	6
,, ,, ,, 5 lb. ,, ,, ,, 7 lb.	0	7
,, ,, ,, 7 lb. ,, ,, ,, 8 lb.	0	8
,, ,, ,, 8 lb. ,, ,, ,, 9 lb.	0	9
,, ,, ,, 9 lb. ,, ,, ,, 10 lb.	0	10
,, ,, ,, 10 lb. ,, ,, 11 lb.	0	11

No parcel may exceed 11 lb. in weight.

Size.

The size for an Inland parcel is:—

Greatest length ... ... 3 ft. 6 in.
Greatest length and girth combined ... 6 ft. 0 in.

For example—

A parcel measuring 3 ft. 6 in. in its longest dimensions may measure as much as 2 ft. 6 in. in girth, *i.e.*, round its thickest part; or

A short parcel may be thicker, thus, if it measures no more than 3 ft. in length, it may measure as much as 3 ft. in girth, *i.e.*, round its thickest part.

POSTE RESTANTE.

Correspondence of any kind to be called for is, as a rule, taken in at all Post Offices except Town Sub-Offices.

The words "to be called for" or "Poste Restante" should appear in the address.

The Poste Restante is intended solely for the accommodation of strangers and travellers, and even they may not use the Poste Restante for more than three months.

Postal Information

Poste Restante.—*(continued).*

RETENTION OF POSTE RESTANTE CORRESPONDENCE (except parcels).

In London.

Origin.	*Period of Retention.*
Places abroad	Two months
The Provinces	One month
London	One fortnight

In Provincial Towns.

Origin.	*Period of Retention.*
Places abroad	Two months
United Kingdom	One month

Letters addressed to a Post Office at a seaport town for a person on board a ship expected to arrive at that port, are kept two months.

At the expiry of the above-mentioned periods, correspondence is sent to a Returned Letter Office for disposal.

Retention of Poste Restante Parcels.

Parcels addressed to a Post Office "to be called for" are kept three weeks, at the end of which period if not called for, they are returned to the sender.

REGISTRATION AND COMPENSATION.

Correspondence of any kind (including parcels) can be registered.

The ordinary registration fee is 2d. in addition to the postage.

COMPENSATION FOR LOSS OR DAMAGE.

The Postmaster General is not legally liable for any loss or inconvenience which may arise from the loss, damage, delay, non-delivery, or mis-delivery of anything sent by post, and he does not in any circumstances pay compensation in respect of unregistered letters, post-cards, half-penny packets or newspapers. But, subject to the rules stated below, he pays compensation voluntarily as an act of grace, for correspondence of the following description.

Fee	*Limit of Compensation*	*Fee*	*Limit of Compensation*
2d. ...	£5	1/- ...	£200
3d. ...	£20	1/1 ...	£220
4d. ...	£40	1/2 ...	£240
5d. ...	£60	1/3 ...	£260
6d. ...	£80	1/5 ...	£300
7d. ...	£100	1/6 ...	£320
8d. ...	£120	1/7 ...	£340
9d. ...	£140	1/8 ...	£360
10d. ...	£160	1/9 ...	£380
11d. ...	£180	1/10 ...	£400

These fees include the ordinary registration fee of 2d. The highest amount of compensation for any one packet is £400.

MOTOR CAB TO CARRY TWO PERSONS.

FARES.

When fitted with a **Taximeter** recording the fare by a combination of Time and Distance

Note.—This Cab cannot be hired by Time or by Distance separately, but only by the scale recorded by the Taximeter, which is a combination of both.

		s.	d.
(a)	Not exceeding One Mile, or for Time not exceeding Ten Minutes	—	8
(b)	Exceeding One Mile or Ten Minutes—		
	(1) For each Quarter Mile, or Time not exceeding Two and a Half Minutes	—	2
	(2) For any less Distance or Time	—	2

EXTRA PERSONS.

For each additional **Person** beyond **Two,** the whole journey (One or Two children under Ten years of age to count as One Person)	--	6

HORSE DRAWN CAB FOR TWO PERSONS.

FARES.

When **not** fitted with a Taximeter recording the Fare by a combination of Time and Distance.

If Hired and Discharged within the Four Mile Circle:—

	s.	d.
If by Distance—		
Not exceeding Two Miles	1	0
Exceeding Two Miles; for each mile or part of a mile	—	6
If by Time—		
For One Hour or less	2	6
Above One Hour—		
For every Fifteen Minutes of the whole time ...	—	8
For any less period...	—	8

If Hired without the Four Mile Circle wherever Discharged:—

If by Distance—		
Not exceeding One Mile	1	0
Exceeding One Mile; for each mile or part of a mile	1	0

	s.	d.
If by Time—		
For One Hour or less	**2**	**6**
Above One Hour—		
For every Fifteen Minutes of the whole time ...	—	**8**
For any less period...	—	**8**

If Hired within but Discharged without the Four Mile Circle :

If by Distance—		
Not exceeding One Mile	**1**	**0**
Exceeding One Mile—		
For each Mile **ended** within Circle	—	**6**
For each Mile **ended** without Circle	**1**	**0**
For any part of a Mile over	**1**	**0**

If by Time—

Payment as if Cab hired **without** Circle.

EXTRA PAYMENTS.

(1) **Luggage—**		
For each Bicycle, Child's Mail Cart or Perambulator	—	**6**
For each other package carried outside	—	**2**
(Luggage carried on the footboard of a Hansom so that the doors do not close over it, is deemed outside).		
(2) **Waiting**—When hired by Distance—		
For every Fifteen Minutes **completed,** whether within or without the Circle	—	**8**

Note—If the cab bears a notification the driver is willing to accept **Sixpence** for not exceeding One Mile he cannot demand more.

HORSE DRAWN CAB FOR MORE THAN TWO PERSONS.

		s.	d.
(a)	Not exceeding One Mile, or for Time not exceeding Twelve Minutes	—	**6**
(b)	Exceeding One Mile or Twelve Minutes—		
	(1) For each Half Mile, or Time not exceeding Six Minutes	—	**3**
	(2) For any less Distance or Time	—	**3**

Any complaints respecting defective Taximeters should be at once made to the Public Carriage Office, New Scotland Yard, or at any Police Station. The number of the Cab should always be quoted.

Public Health (London) Act 1891

Removal of Dust and Refuse.

Under this act it is the duty of every Sanitary Authority to keep the road and footway of all streets in their district properly swept and cleansed as far as is reasonably practicable and to collect and remove all street refuse. If any street or footway is not properly swept and cleansed or the street refuse is not collected and removed so far as is reasonably practicable, the Sanitary Authority is liable to a fine not exceeding £20.

It is also the duty of every Sanitary Authority to secure the due removal at proper periods of house refuse, and give notice of the times appointed for such removal. If the house refuse is not removed at the ordinary period and the occupier serves on the Authority a written notice requiring the removal of such refuse, the Sanitary Authority must comply with such notice within forty-eight hours after that notice is received, exclusive of Sundays and Public Holidays. If the Sanitary Authority fails without reasonable cause, to comply with the request, they are liable to a fine not exceeding £20.

A person in the employ of a Sanitary Authority must not demand from an occupier or his servant any fee or gratuity for removing any house refuse, and he is liable under this Act for so doing, to a fine not exceeding 20s.

Regulations as to Water Cisterns.

Under the provisions of this Act, any occupied house without a proper and sufficient supply of water is regarded as a nuisance to be dealt with summarily, and if it is a dwelling house it is regarded as unfit for habitation.

If a house is newly-built or is pulled down and rebuilt, it cannot be occupied as a dwelling house until the Sanitary Authority has certified that it has a proper and sufficient supply of water, either from a Water Company or by some other means.

Any person who occupied or permits to be occupied any house which has not a proper or sufficient supply of water, is liable to a fine not exceeding £10 and to a fine not exceeding 20s. for every day during which the house is so occupied, until a proper and sufficient supply of water is provided.

A Water Company is lawfully entitled to cut off the water supply of any dwelling house and cease to supply such house with water, for non-payment of water-rate or other cause, but is bound to give notice to the Sanitary Authority within 24 hours of their exercising such right. If a Water Company does not give this notice after cutting off the water supply, they are liable to a fine not exceeding £10. A Sanitary Authority has power to order the owner or occupier of a private house to cleanse any cistern used for the storage of water, to prevent injury or danger to the health of persons drinking the water, and if the person on whom the order is made fails to comply therewith, he is liable to a fine not exceeding £20, and the Sanitary Authority may execute the order and recover the expenses incurred by them in so doing, from the person upon whom the order is made.

Notification of Infectious Diseases.

It is the duty of the head of a family to give notice to the Medical Officer of Health of the District, of any person in his house who is suffering from an infectious disease, and in his default the nearest relative of the patient present in the house must do so. If there is no relative then the person in charge of or in attendance on the patient must give the notice. Any person whose duty it is to send notice and fails to do so, is liable to a fine not exceeding 40s.

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